

ABSTRAK

FRICHA DELLYA ANANTHA PUTRI

“HUBUNGAN PENGETAHUAN DIET RENDAH GARAM DAN POLA KONSUMSI NATRIUM DENGAN KEJADIAN HIPERTENSI LANSIA USIA 50–75 TAHUN DI DESA DRADAH WILAYAH KERJA PUSKESMAS DRADAH LAMONGAN”

xviii + 80 Halaman + 18 Tabel + 10 Lampiran

Hipertensi ialah sebuah gangguan non-infeksi yang sering ditemukan bagi lansia serta bisa diimbasi oleh pemahaman diet rendah natrium serta pola asupan garam. Riset ini bertarget buat mendeteksi korelasi pemahaman diet rendah natrium serta pola asupan garam terhadap insidensi hipertensi bagi lansia umur 50–75 tahun di Desa Dradah, area tugas Puskesmas Dradah Lamongan. Riset ini memakai skema observasional analitik lewat pendekatan *cross-sectional*. Subjek riset sejumlah 52 responden ditentukan melalui metode *purposive sampling*. Data pemahaman diet rendah natrium didapatkan via wawancara memakai kuesioner, pola asupan garam dinilai memakai *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), serta data tensi darah didapatkan lewat pengukuran langsung responden. Evaluasi data dikerjakan memakai uji Spearman Rank.

Temuan riset mengindikasikan mayoritas lansia mempunyai pemahaman diet rendah natrium klasifikasi optimal sebesar 28 subjek (53,8%) serta pola asupan garam klasifikasi optimal sebesar 42 subjek (80,8%). Hasil analisis komputasi menandakan terdapat korelasi bermakna antara pemahaman diet rendah natrium terhadap insidensi hipertensi ($r_s = 0,288$; $p\text{-value} = 0,039$) serta antara pola konsumsi natrium dengan kejadian hipertensi ($r_s = -0,300$; $p\text{-value} = 0,031$), sedangkan korelasi antara pengetahuan diet rendah garam dengan pola konsumsi natrium tidak signifikan ($r_s = -0,100$; $p\text{-value} = 0,483$). Temuan ini memperlihatkan bahwasanya meskipun pengetahuan serta pola konsumsi natrium berkontribusi terhadap pengendalian tekanan darah, pengetahuan yang baik belum secara konsisten diterapkan dalam praktik diet sehari-hari.

Kesimpulannya, pengendalian hipertensi pada lansia tidak cukup hanya dengan peningkatan pengetahuan diet rendah garam, tetapi juga memerlukan dukungan perilaku, motivasi, lingkungan, keluarga, serta intervensi praktis agar lansia mampu menerapkan diet rendah garam secara konsisten.

Kata kunci: Pengetahuan Diet Rendah Garam, Pola Konsumsi Natrium, Hipertensi, Lansia

Daftar bacaan : 58 buku (2020 – 2025)

ABSTRACT

FRICHA DELLYA ANANTHA PUTRI

“THE RELATIONSHIP BETWEEN KNOWLEDGE OF LOW-SALT DIET serta SODIUM CONSUMPTION PATTERNS WITH HYPERTENSION IN ELDERLY AGED 50–75 YEARS IN DESA DRADAH, WORKING AREA OF PUSKESMAS DRADAH LAMONGAN”

xviii + 80 Pages + 18 Tables + 10 Appendices

Hypertension a primary non-contagious condition affecting older adults that is affected by awareness regarding low-sodium diets and dietary salt intake behaviors. This investigation sought to evaluate the association between awareness regarding low-sodium diets and dietary salt intake behaviors alongside hypertension rates among seniors aged 50–75 years within Dradah Village, operational area of Puskesmas Dradah Lamongan. This investigation utilized an analytical observational framework involving a cross-sectional technique. The research group comprised 52 participants chosen via purposive sampling. Information regarding awareness regarding low-sodium diets was gathered via interviews employing a survey, dietary salt intake behaviors were evaluated utilizing a Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), circulatory pressure metrics were collected via direct evaluation. Statistical processing was executed utilizing Spearman Rank correlation.

The results showed that the majority of respondents had good knowledge of a low-salt diet (28 respondents; 53.8%) and good sodium consumption patterns (42 respondents; 80.8%). Statistical analysis indicated significant relationships between knowledge of a low-salt diet and hypertension incidence ($r_s = 0.288$; $p = 0.039$) between sodium consumption patterns and hypertension incidence ($r_s = -0.300$; $p = 0.031$), while there was no significant relationship between knowledge of a low-salt diet and sodium consumption patterns ($r_s = -0.100$; $p = 0.483$). These findings indicate that although knowledge sodium consumption patterns contribute to blood pressure control, good knowledge does not necessarily translate into consistent low-salt dietary practice in daily life.

In conclusion, hypertension management in the elderly requires not only improvement of knowledge regarding low-salt diet but also behavioral support, motivation, family environmental support, practical interventions to ensure the elderly can consistently implement a low-salt diet.

Keywords: Knowledge of Low-Salt Diet, Sodium Consumption Patterns, Hypertension, Elderly

References : 58 books (2020-2025)