

ABSTRAK

ISNI NORKHASANAH, 18S10266

HUBUNGAN PENGETAHUAN, SIKAP, PRAKTIK TERKAIT HIPERTENSI SERTA ASUPAN NATRIUM DAN KALIUM TERHADAP TEKANAN DARAH PENDERITA HIPERTENSI DI PUSKESMAS KUARO, KABUPATEN PASER

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(xvii+100+48 lampiran)

Hipertensi adalah suatu kondisi dimana tekanan darah sistolik ≥ 140 mmHg atau tekanan darah diastolik ≥ 90 mmHg menetap. Beberapa penyebab hipertensi antara lain adalah usia, stress, obesitas, merokok, alkohol, kelainan pada ginjal dan lain-lain. Faktor-faktor yang terbukti sebagai faktor risiko hipertensi adalah umur, riwayat keluarga, konsumsi makanan asin, konsumsi lemak jenuh, jelantah, olahraga, obesitas, dan penggunaan pil KB. Penelitian ini bertujuan untuk menganalisis hubungan antara pengetahuan, sikap, praktik terkait hipertensi, asupan natrium dan asupan kalium terhadap tekanan darah penderita hipertensi di Puskesmas Kuaro. Penelitian observasional analitik ini menggunakan desain *cross sectional*. Penelitian ini dilakukan di Puskesmas Kuaro, Kabupaten Paser mulai bulan Januari hingga April 2022. Populasi pada penelitian ini adalah 223 orang. Sampel penelitian ini adalah 67 orang yang dipilih menggunakan metode *purposive sampling*. Tekanan darah diukur menggunakan tensimeter digital. Data mengenai pengetahuan, sikap, dan praktik terkait hipertensi dikumpulkan melalui wawancara menggunakan kuesioner. Data mengenai asupan natrium dan kalium dikumpulkan melalui wawancara menggunakan *semi quantitative-FFQ*. Data dianalisis menggunakan uji *Spearman*. Sebagian besar responden menderita hipertensi tingkat 2 (68,7%), memiliki pengetahuan baik (80,6%), sikap cukup (53,7%), praktik cukup (64,2%), asupan natrium cukup (68,7%), dan asupan kalium kurang (76,1%). Hasil penelitian ini menunjukkan bahwa pengetahuan ($p=0,410$), sikap ($p=0,505$), praktik terkait hipertensi ($p=0,425$), asupan natrium ($p=0,087$), dan asupan kalium ($p=0,538$) tidak berhubungan dengan tekanan darah penderita hipertensi di Puskesmas Kuaro, Kabupaten Paser. Pihak Puskesmas diharapkan mengadakan penyuluhan mengenai sumber kalium, manfaat kalium, dan fungsi kalium untuk mengatasi asupan kalium yang kurang.

Kata kunci: Pengetahuan, sikap, praktik terkait hipertensi, asupan natrium, asupan kalium, hipertensi.

ABSTRACT

ISNI NORKHASANAH, 18S10266

RELATION OF KNOWLEDGE, ATTITUDES AND PRACTICES RELATED TO HYPERTENSION AND SODIUM AND POTASSIUM INTAKES TO BLOOD PRESSURE OF PEOPLE WITH HYPERTENTION AT PUSKESMAS KUARO, PASER REGENCY

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Hypertension is a condition in which systolic blood pressure ≥ 140 mmHg or diastolic blood pressure ≥ 90 mmHg. Some causes of hypertension include age, stress, obesity, smoking, alcohol, kidney disorders and others. Factors proven to be risk factors for hypertension are age, family history, consumption of salty foods, consumption of saturated fat, cooking, exercise, obesity, and use of birth control pills. This study aimed to analyze the relation of knowledge, attitudes, practices related to hypertension, sodium intake and potassium intake to blood pressure of people with hypertension Puskesmas Kuaro. This analytic observational study used a cross sectional design. This research was conducted at Puskesmas Kuaro, Paser Regency from January to April 2022. The population in this study were 223 people. The samples of this study were 67 people selected using the purposive sampling method. Blood pressure was measured using a digital sphygmomanometer. Data on knowledge, attitudes, and practices related to hypertension were collected through interviews using a questionnaire. Data on sodium and potassium intake were collected through interviews using the semi-quantitative-FFQ. Data were analyzed using the Spearman test. Most of the respondents had level 2 hypertension (68,7%), had good knowledge (80,6%), sufficient attitude (53,7%), sufficient practice (64,2%), sufficient sodium intake (68,7%), and insufficient potassium intake (76, 1%). The results of this study showed that knowledge ($p = 0,410$), attitudes ($p = 0,505$), practices related to hypertension ($p = 0,425$), sodium intake ($p = 0,087$), and potassium intake ($p = 0,538$) were not related to the blood pressure of people with hypertension at Puskesmas Kuaro, Paser Regency. The Puskesmas should provide counseling about the source of potassium, the benefits of potassium, and the function of potassium to overcome a lack of potassium intake.

Keywords : *Knowledge, attitudes, practices related to hypertension, sodium intake, potassium intake*