

ABSTRAK

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PENGARUH PEMBERIAN DIET RENDAH GARAM DAN *DIETARY APPROACH TO STOP HYPERTENSION* (DASH) TERHADAP PERUBAHAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI RUANG RAWAT INAP RSUD H. DAMANHURI BARABAI

Skripsi: Program Studi Gizi. 2023
(xiv+95)

Perbedaan diet rendah garam dan diet DASH terletak pada prinsip pengaturan pola makannya. Prinsip diet rendah garam pada umumnya hanya menekankan tentang pembatasan asupan natrium yang dikonsumsi oleh pasien hipertensi sedangkan dalam diet DASH juga menganjurkan pola makan tinggi kalium, kalsium, dan magnesium yang banyak terdapat pada buah dan sayur. Diet DASH merupakan diet sayuran serta buah yang banyak mengandung serat pangan (30 g/hari) dari mineral (kalium, magnesium serta kalsium) sementara asupan garamnya dibatasi. Tujuan penelitian untuk menganalisis perbedaan perubahan tekanan darah terhadap pemberian diet rendah garam dan diet DASH pada pasien hipertensi di ruang rawat inap RSUD H. Damanhuri Barabai. Metode penelitian adalah eksperimen semu (*Quasy experiment*) dan jumlah responden sebanyak 44 pasien hipertensi. Dianalisis menggunakan analisis univariat dan bivariat dengan menggunakan rumus uji-t nonparametrik Wilcoxon. Hasil penelitian menunjukkan paling banyak yang mengalami hipertensi adalah perempuan dan usia paling banyak berkisar pada usia 46-55 tahun dan yang paling banyak mengalami hipertensi tingkat 1, sedangkan status gizi yang paling banyak adalah status gizi normal, sehingga di dapat adanya perbedaan hasil perubahan antara pemberian diet garam rendah dengan diet DASH di mana lebih efektif pemberian diet garam rendah dari pada diet DASH dibuktikan dengan hasil uji nonparametrik *Wilcoxon* di mana diet garam rendah 0,000, sedangkan diet DASH 0,291. Namun dari segi asupan makanan yang dihabiskan tidak ada perbedaan antara asupan makanan dari diet rendah garam dengan diet DASH, sehingga di sarankan bagi penderita hipertensi untuk melakukan diet rendah garam maupun diet DASH dengan menghabiskan setiap asupan makanan yang diberikan.

Kata Kunci: Rendah garam, DASH, tekanan darah, hipertensi

ABSTRACT

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EFFECT OF LOW SALT DIET AND DIETARY APPROACH TO STOP HYPERTENSION (DASH) ON CHANGES IN BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE INPATIENT ROOM OF H. DAMANHURI BARABAI HOSPITAL

*Undergraduate thesis. Bachelor Degree of Nutrition Study Program. 2023.
(xiv+95)*

The difference between the low-salt diet and the DASH diet lies in the principle of managing the diet. The principle of a low-salt diet in general only emphasizes limiting sodium intake consumed by hypertensive patients, while the DASH diet also recommends a diet high in potassium, calcium and magnesium, which are found in lots of fruits and vegetables. The DASH diet is a vegetable and fruit diet that contains lots of dietary fiber (30 g/day) from minerals (potassium, magnesium and calcium) while salt intake is limited. The aim of the study was to analyze differences in changes in blood pressure on the administration of a low-salt diet and the DASH diet in hypertensive patients in the inpatient room of H. Damanhuri Barabai Hospital. The research method was a quasy experiment and the number of respondents was 44 hypertensive patients. Analyzed using univariate and bivariate analysis using the Wilcoxon nonparametric t test formula. The results showed that most of those who experienced hypertension were women and the most ages ranged from 46-55 years old and the most experienced degree 1 hypertension, while the most nutritional status was in normal nutritional status, so that there could be differences in the results of changes between administration of a low salt diet with a DASH diet where it is more effective to administer a low salt diet than the DASH diet as evidenced by the results of the Wilcoxon nonparametric test where the low salt diet is 0.000, while the DASH deit is 0.291. However, in terms of food intake, there is no difference between food intake from the low-salt diet and the DASH diet, so it is recommended for people with hypertension to go on a low-salt diet or the DASH diet by consuming every food intake available.

Keywords: Low Salt Diet, DASH, Blood Pressure, Hypertension