

ABSTRAK

Hipertensi adalah suatu keadaan dimana seseorang mengalami peningkatan tekanan darah diatas normal. Salah satu penanggulangan hipertensi yang direkomendasikan adalah pendekatan dietetik untuk menghentikan hipertensi atau dikenal dengan sebutan DASH . Tujuan penelitian menganalisis Hubungan Kepatuhan Pola DASH Dengan Tekanan Darah Pada Pasien Hipertensi Di Puskesmas Tulungagung Tahun 2021.

Penelitian dilaksanakan pada bulan April 2021. Jenis penelitian correlation, desain analitik dengan pendekatan cross sectional dan instrument penelitian berupa kuesioner. Populasi penelitian sebagian pasien Hipertensi Di Puskesmas Tulunagung. Sampel diambil dengan teknik purposive sampling sejumlah 30 responde. Variabel independent Kepatuhan Diit DASH, variabel dependent Hipetensi. Data dianalisis dengan uji Spearman rho.

Hasil penelitian didapatkan Pengetahuan Kepatuhan Pola DASH Di Puskesmas Tulungagung lebih dari setengah dari responden mempunyai Kepatuhan Pola DASH Di Puskesmas Tulungagung dalam kategori patuh yaitu sebanyak 17 responden (56,7%). Tekanan Darah pada Pasien Hipertensi di Puskesmas Tulungagung sebagian besar responden mempunyai Hipertensi Ringan, yaitu sebanyak 10 responden (23,3%). Uji statistik Spearman Rho didapatkan P Value = 0,000 < 0,05 sehingga H1 diterima, yang berarti ada Hubungan Kepatuhan Pola DASH Dengan Tekanan Darah Pada Pasien Hipertensi Di Puskesmas Tulungagung.

Kepatuhan terhadap pola diit DASH akan mengontrol tekanan darah pada pasien Hipertensi. Hal ini membuktikan bahwa pentingnya melakukan diit DASH pada pasien Hipertensi sehingga tekanan darah dapat terkontrol guna mengantisipasi terjadinya komplikasi penyakit Hipertensi.

Kata Kunci: Tekanan Darah, Hipertensi, diit DASH

ABSTRACT

Hypertension is a condition in which a person experiences an increase in blood pressure above normal. One of the recommended countermeasures for hypertension is a dietetic approach to stop hypertension or known as DASH. The purpose of the study was to analyze the relationship between DASH pattern compliance with blood pressure in hypertension patients at the Tulungagung Health Center in 2021.

The research was conducted in April 2021. The type of research was correlation, analytical design with a cross sectional approach and the research instrument was a questionnaire. The population of the study was some hypertension patients at the Tulungagung Health Center. Samples were taken by using purposive sampling technique with a total of 30 respondents. The independent variable is DASH Diet Compliance, the dependent variable is hypertension. Data were analyzed by Spearman rho test.

The results of the study showed that the knowledge of compliance with the DASH pattern at the Tulungagung Public Health Center was more than half of the respondents who had the compliance with the DASH pattern at the Tulungagung health center in the obedient category, as many as 17 respondents (56.7%). Blood Pressure in Hypertensive Patients at the Tulungagung Health Center most of the respondents had mild hypertension, as many as 10 respondents (23.3%). Spearman Rho statistical test obtained P Value = 0.000 < 0.05 so H1 is accepted, which means there is a relationship between DASH pattern compliance with blood pressure in hypertension patients at the Tulungagung Health Center.

Adherence to the DASH diet will control blood pressure in hypertension patients. This proves that the importance of doing the DASH diet in hypertension patients so that blood pressure can be controlled in order to anticipate the occurrence of complications of hypertension.

Keywords: *Blood Pressure, Hypertension, DASH diet*