

**PENGARUH BUKU SAKU “GOODBYE HYPERTENSION” TERHADAP  
PENGETAHUAN DAN KEPATUHAN KONSUMSI NATRIUM PADA  
PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS  
GAMPING II SLEMAN D.I YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang:** Angka kejadian hipertensi di dunia sangat tinggi. Prevalensi kejadian hipertensi di Indonesia sebesar 25,8% dari total jumlah penduduk Indonesia atau sekitar 65.048.110 jiwa. Berdasarkan data Riset Kesehatan Dasar (Riskesdas, 2018), Prevalensi hipertensi di Kota Yogyakarta sebesar 9,94% atau 32.248 jiwa. Buku saku merupakan media penyampai pesan kesehatan dalam bentuk buku dengan design kecil dan sifatnya yang praktis. Adapun kelebihan yang dimiliki media buku saku yaitu bentuk buku yang praktis, desain menarik, serta mampu merangsang minat membaca dikarenakan sifatnya yang praktis, dan mudah dibawa kemana saja.

**Tujuan Penelitian:** Mengetahui pengaruh pemberian buku saku *goodbye hypertension* terhadap pengetahuan dan kepatuhan konsumsi natrium pada pasien hipertensi di wilayah kerja Puskesmas Gamping II D.I Yogyakarta.

**Metode Penelitian:** Jenis penelitian eksperimen semu (quasi experimental) dengan design penelitian *one group pretest-posttest*. Analisis data dengan menggunakan komputerisasi uji statistik *Paired T-Test* menggunakan taraf signifikan  $p < 0,05$ , dan uji *Wilcoxon* jika data tidak terdistribusi normal.

**Hasil Penelitian:** Skor rata-rata pengetahuan responden sebelum diberikan konseling gizi adalah 35,88, sedangkan setelah diberikan konseling gizi menggunakan media buku saku didapatkan skor rata-rata responden 39,05. Dan Persentase rata-rata kepatuhan konsumsi natrium sebelum diberikan konseling gizi adalah 202,24%, sedangkan setelah diberikan konseling gizi menggunakan media buku saku di dapatkan skor rata-rata kepatuhan diet responden 114,67%.

**Kesimpulan:** ada pengaruh pemberian buku saku *goodbye hypertension* terhadap pengetahuan dan kepatuhan konsumsi natrium pada pasien hipertensi Wilayah Kerja Puskesmas Gamping II Sleman D.I Yogyakarta.

**Kata Kunci:** Buku Saku, Hipertensi.

**THE EFFECT OF THE "GOODBYE HYPERTENSION" POCKET BOOK  
ON KNOWLEDGE AND COMPLIANCE WITH SODIUM  
CONSUMPTION IN HYPERTENSION PATIENTS IN HEALTH  
WORKING AREA  
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**ABSTRACT**

**Background:** The incidence of hypertension in the world is very high. The prevalence of hypertension in Indonesia is 25.8% of the total population of Indonesia or around 65,048,110 people. Based on data from Basic Health Research (Riskesdas, 2018), the prevalence of hypertension in the city of Yogyakarta is 9.94% or 32,248 people. A pocket book is a medium for delivering health messages in the form of a book with a small design and practical nature. The advantages of pocket book media are practical book form, attractive design, and able to arouse interest in reading because it is practical, and easy to carry anywhere.

**Research Objectives:** To determine the effect of giving a hypertension goodbye pocket book on knowledge and adherence to sodium consumption in hypertensive patients in the working area of Gamping II Public Health Center, D.I Yogyakarta.

**Research Method:** This type of research is quasi-experimental (quasi-experimental) with one group pretest-posttest research design. Data analysis using computerized statistical test Paired T-Test using a significant level of  $p < 0.05$ , and Wilcoxon test if the data is not normally distributed.

**Research Results:** The average score of respondents' knowledge before being given nutritional counseling was 35.88, while after being given nutritional counseling using pocket book media, the average score of respondents was 39.05. And the average percentage of compliance with sodium consumption before being given nutritional counseling was 202.24%, while after being given nutritional counseling using pocket book media, the average score of respondents' diet compliance was 114.67%.

**Conclusion:** there is an effect of giving a goodbye hypertension pocket book on knowledge and adherence to sodium consumption in hypertensive patients in Gamping II Public Health Center, Sleman D.I Yogyakarta.

**Keywords:** Pocket Book, Hypertension.