

MOTIVASI GIZI MELALUI PEMBERIAN *SHORT MESSAGE SERVICE (SMS) REMINDER* TERHADAP KEPATUHAN DIET PASIEN HIPERTENSI DI PUSKESMAS GODEAN I

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ABSTRAK

Latar belakang : Penyakit darah tinggi atau hipertensi merupakan suatu gangguan pada pembuluh darah dan jantung yang mengakibatkan *suplay* oksigen dan nutrisi yang dibawa oleh darah terhambat sampai ke jaringan tubuh. Tiga hal yang diperlukan dalam berperilaku sehat antara lain pengetahuan yang tepat, motivasi dan keterampilan untuk berperilaku sehat. Pemberian *reminder* mempengaruhi tingkat kepatuhan pasien hipertensi. Salah satu kepatuhan yang harus ditaati penderita hipertensi adalah makanan (kepatuhan diet). Penderita hipertensi sebaiknya patuh menjalankan diet rendah garam agar dapat mencegah terjadinya komplikasi yang lebih lanjut

Tujuan penelitian : Untuk mengetahui pengaruh pemberian motivasi gizi dengan *SMS Reminder* terhadap kepatuhan diet pasien hipertensi di Puskesmas Godean I.

Metode penelitian : Penelitian dilakukan di Puskesmas Godean I dan Puskesmas Gamping I. Variabel penelitian yaitu motivasi gizi dan kepatuhan diet. Motivasi gizi diberikan melalui *Short Message Service (SMS) Reminder* 2 kali dalam seminggu selama 1 bulan untuk subjek penelitian pasien hipertensi Puskesmas Godean I dan motivasi gizi melalui pemberian Leaflet untuk subjek penelitian pasien hipertensi Puskesmas Gamping I.

Hasil : Hasil penelitian menunjukkan tidak ada perbedaan kepatuhan diet sebelum dan sesudah diberikan motivasi gizi dengan *p-value* ($p > 0,05$). Terdapat pengaruh motivasi gizi melalui *Short Message Service (SMS) Reminder* terhadap kepatuhan diet pasien hipertensi dengan *p value* ($p < 0,05$).

Kesimpulan : Terdapat pengaruh motivasi gizi melalui *Short Message Service (SMS) Reminder* terhadap kepatuhan diet pasien hipertensi.

Kata kunci : Hipertensi, motivasi gizi, kepatuhan diet, diet rendah garam, *Short Message Service (SMS) Reminder*

NUTRITIONAL MOTIVATION BY GIVING SHORT MESSAGE SERVICE (SMS) REMINDER ON THE DIETARY OBEDIENCE OF HYPERTENSION PATIENTS IN PUSKESMAS GODEAN I

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ABSTRACT

Background: High blood pressure or hypertension is a disorder of the blood vessels and heart resulting in supplying oxygen and nutrients carried by the blood obstructed to the body tissues. Three things that are needed in a healthy life style include appropriate knowledge, motivation and skills of healthy life style. Giving reminder affects the obedience rate of hypertension patients. One of the obedience that must be obeyed by hypertension patients is food (dietary obedience). Patients with hypertension should adhere to low-salt diet in order to prevent further complications.

Objective: To know the effect of nutritional motivation with Short Message Service (SMS) Reminder on the dietary obedience of hypertension patients in *Puskesmas Godean I*.

Methods: The study was conducted at Puskesmas Godean I and Puskesmas Gamping I. The research variables were nutritional motivation and dietary obedience. Nutritional motivation was given through Short Message Service (SMS) Reminder for 2 times a week for 1 month for research subject of hypertension patients of Puskesmas Godean I and nutritional motivation through leaflet for research of hypertension patients of Puskesmas Gamping I.

Results: The results showed that there is no difference in dietary obedience before and after the nutritional motivation was given with p-value ($p > 0,05$). There was an influence of nutritional motivation through Short Message Service (SMS) Reminder on the dietary obedience of hypertension patients with p value ($p < 0,05$).

Conclusion: There was an influence of nutritional motivation through Short Message Service (SMS) Reminder to the dietary obedience of hypertension patients.

Keywords: Hypertension, nutritional motivation, dietary obedience, low-salt diet, Short Message Service (SMS) Reminder