

DIFFERENCES OF GIVING HYPERTENSION BOOKLET AND FAMILY ACCOMPANIMENT TO CHANGE OF EATING INTAKE AND BLOOD PRESSURE OF HYPERTENSION PATIENTS IN GONDOKUSUMAN COMMUNITY HEALTH CENTER 1

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ABSTRACT

Background: Hypertension is one of the factors that trigger non-communicable diseases such as heart disease and stroke. The level of awareness of health in Indonesia is still low, this is due to the increasing health science and socio-economic impact of the community. Nutrition counseling is one effort to increase knowledge and ability of individual and family about hypertension nutrition. During the delivery of media material required for what is conveyed can be understood and understood, one of the media is a booklet.

Objective: To know difference of giving hypertension booklet and family accompaniment to change of eating intake and blood pressure of hypertension patient at Gondokusuman Community Health Center 1

Methods: This study was an experimental quasi with a pre-post with control group design. The study was conducted in March and May 2018. The subjects of the study were hypertensive patients who examined themselves at the Gondokusuman 1 community health center and joined in PROLANIS with a total of 20 people divided into two treatment groups. Data analysis using Wilcoxon test

Results: The results showed that there was a significant difference between protein intake after treatment with $p = 0.028$. There was no significant difference in blood pressure changes after the patients were treated.

Conclusion: There are significant differences in protein intake differences. There was no significant difference in blood pressure changes after treatment.

Keywords : Booklet, hypertension, family accompaniment

PERBEDAAN PEMBERIAN BUKLET HIPERTENSI DAN PENDAMPINGAN KELUARGA PADA PERUBAHAN ASUPAN MAKAN DAN TEKANAN DARAH PASIEN HIPERTENSI DI PUSKESMAS GONDOKUSUMAN 1

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ABSTRAK

Latar Belakang : Hipertensi merupakan salah satu faktor pemicu penyakit tidak menular seperti jantung dan stroke. Tingkat kesadaran akan kesehatan di Indonesia masih rendah, hal ini disebabkan meningkatnya ilmu kesehatan dan pengaruh sosial ekonomi masyarakat. Konseling gizi merupakan salah satu upaya meningkatkan pengetahuan dan kemampuan individu dan keluarga tentang gizi hipertensi. Selama menyampaikan materi diperlukan media agar apa yang disampaikan bisa dipahami dan dimengerti, salah satu media tersebut adalah buklet.

Tujuan Penelitian : Mengetahui perbedaan pemberian buklet hipertensi dan pendampingan keluarga pada perubahan asupan makan dan tekanan darah pasien hipertensi di Puskesmas Gondokusuman 1

Metode Penelitian : Penelitian ini adalah quasi eksperimental dengan rancangan *pre-post with control group*. Penelitian ini dilaksanakan pada bulan Maret dan Mei 2018. Subjek penelitian adalah pasien hipertensi yang memeriksakan diri di puskesmas Gondokusuman 1 dan tergabung dalam kegiatan PROLANIS dengan jumlah 20 orang yang dibagi menjadi dua kelompok perlakuan. Analisis data menggunakan uji beda *Wilcoxon*

Hasil penelitian : Hasil penelitian menunjukkan terdapat perbedaan yang signifikan antara selisih asupan protein setelah mendapat perlakuan dengan nilai $p=0.028$. Tidak terdapat perbedaan yang signifikan pada perubahan tekanan darah setelah pasien mendapat perlakuan.

Kesimpulan : Ada perbedaan signifikan pada selisih asupan protein. Tidak terdapat perbedaan yang signifikan pada perubahan tekanan darah setelah mendapat perlakuan.

Kata Kunci : Buklet, Hipertensi, Pendampingan Keluarga