

*OVERVIEW OF ELDERLY KNOWLEDGE ABOUT MANAGEMENT OF DIET
HYPERTENSION IN THE WORK AREA OF GAMPING HEALTH CENTER 1*

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ABSTRACT

Background: *One of the factors that support the elderly to manage hypertension diet is knowledge. Good knowledge will be more successful in preventing complications of hypertension.*

Objective: *To describe the knowledge of the elderly about the management of hypertension diet in the working area of the Gamping 1 Public Health Center.*

Methods: *Descriptive survey research. The population of all elderly hypertension in Ambarketawang Village with a total sample of 52 respondents with purposive sampling technique. The research was conducted in December 2021. The instrument used was a questionnaire. Data analysis used univariate analysis.*

Results: *Indicates that the characteristics of the respondents in this study include age, gender, blood pressure, education, occupation, and family history of hypertension. Overall, the knowledge of the elderly about the management of hypertension diet is included in the sufficient category (55.8%). Knowledge of low-salt diet is sufficient (69.2%). Knowledge of high fiber diet is good (80.8%). Knowledge of a low-calorie diet is sufficient (71.1%), and knowledge of a low-fat diet and good cholesterol (67.3%).*

Conclusion: *The knowledge of the elderly about the management of hypertension diet in the working area of the Gamping 1 Health Center is sufficient.*

Keywords: *knowledge, elderly, hypertension, hypertension diet management*

GAMBARAN PENGETAHUAN LANSIA TENTANG PENGELOLAAN DIET HIPERTENSI DI WILAYAH KERJA PUSKESMAS GAMPING 1

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ABSTRAK

Latar Belakang : Salah satu faktor yang mendukung lansia untuk melakukan pengelolaan diet hipertensi adalah pengetahuan. Pengetahuan yang baik akan lebih berhasil dalam upaya pencegahan komplikasi hipertensi.

Tujuan : Mengetahui gambaran pengetahuan lansia tentang pengelolaan diet hipertensi di wilayah kerja Puskesmas Gamping 1.

Metode : Penelitian deskriptif survei. Populasi semua lansia hipertensi di Desa Ambarketawang dengan jumlah sampel sebanyak 52 responden dengan teknik pengambilan sampel *purposive sampling*. Penelitian dilaksanakan pada bulan Desember 2021. Instrumen yang digunakan yaitu kuesioner. Analisis data menggunakan analisis univariat.

Hasil : Menunjukkan bahwa karakteristik responden dalam penelitian ini meliputi usia, jenis kelamin, tekanan darah, pendidikan, pekerjaan, dan riwayat hipertensi keluarga. Secara keseluruhan, pengetahuan lansia tentang pengelolaan diet hipertensi termasuk dalam kategori cukup (55,8%). Pengetahuan tentang diet rendah garam cukup (69,2%). Pengetahuan tentang diet tinggi serat baik (80,8%). Pengetahuan tentang diet rendah kalori cukup (71,1%), dan pengetahuan tentang diet rendah lemak dan kolesterol baik (67,3%).

Kesimpulan : Pengetahuan lansia tentang pengelolaan diet hipertensi di wilayah kerja Puskesmas Gamping 1 adalah cukup.

Kata Kunci : pengetahuan, lansia, hipertensi, pengelolaan diet hipertensi