

**PENERAPAN EDUKASI DIET RENDAH GARAM DALAM  
MENINGKATKAN PENGETAHUAN IBU HAMIL  
DENGAN PREEKLAMPSIA DI WILAYAH  
KERJA PUSKESMAS DEPOK III**

Dinda Candra Puspita<sup>1</sup>, Yusniarita<sup>2</sup>, Yustiana Olfah<sup>3</sup>  
<sup>1,2,3</sup> Department of Nursing Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293  
Email: dindacp21@gmail.com

**ABSTRAK**

**Latar Belakang :** Preeklampsia merupakan salah satu komplikasi kehamilan yang ditandai dengan peningkatan tekanan darah setelah usia kehamilan 20 minggu dan menjadi salah satu penyebab utama tingginya angka kematian ibu. Berdasarkan data Kesehatan Keluarga Daerah Istimewa Yogyakarta tahun 2024, jumlah kasus hipertensi pada ibu hamil di DIY masih cukup tinggi dengan total kasus mencapai 1.253 kasus. Salah satu upaya nonfarmakologis untuk membantu mengendalikan kondisi tersebut adalah penerapan diet rendah garam melalui edukasi yang tepat.

**Tujuan :** Mendeskripsikan penerapan edukasi diet rendah garam dalam meningkatkan pengetahuan ibu hamil dengan preeklampsia di wilayah kerja Puskesmas Depok III.

**Metode :** Karya tulis ilmiah ini menggunakan metode deskriptif dengan pendekatan studi kasus pada dua ibu hamil trimester III dengan diagnosis preeklampsia di wilayah kerja Puskesmas Depok III. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan pengukuran tingkat pengetahuan menggunakan kuesioner *pre-test* dan *post-test*. Intervensi edukasi diet rendah garam dilakukan selama 3x kunjungan berdurasi 30 menit menggunakan media *leaflet*.

**Hasil :** Terjadi peningkatan pengetahuan pada kedua responden setelah intervensi. Responden mampu memahami pengertian, tujuan, manfaat, aturan, dan batasan diet rendah garam serta menunjukkan peningkatan kemandirian dalam penerapannya. Faktor yang memengaruhi keberhasilan edukasi meliputi dukungan keluarga, kedisiplinan mengikuti anjuran, serta kebiasaan konsumsi makanan tinggi garam.

**Kesimpulan :** Penerapan edukasi diet rendah garam efektif dalam meningkatkan tingkat pengetahuan ibu hamil dengan preeklampsia sehingga diharapkan dapat membantu mencegah komplikasi kehamilan.

**Kata Kunci :** edukasi diet rendah garam, preeklampsia, tingkat pengetahuan.

**THE IMPLEMENTATION OF LOW-SODIUM DIET EDUCATION IN  
IMPROVING KNOWLEDGE AMONG PREGNANT WOMEN WITH  
PREECLAMPSIA IN THE WORKING AREA OF  
DEPOK III PRIMARY HEALTH CENTER**

Dinda Candra Puspita<sup>1</sup>, Yusniarita<sup>2</sup>, Yustiana Olfah<sup>3</sup>  
<sup>1,2,3</sup> Department of Nursing Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293  
Email: [dindacp21@gmail.com](mailto:dindacp21@gmail.com)

**ABSTRACT**

**Background :** Preeclampsia is one of the complications of pregnancy characterized by elevated blood pressure occurring after 20 weeks of gestation and is one of the leading causes of maternal mortality. Based on the 2024 Family Health data from the Special Region of Yogyakarta, the number of hypertension cases among pregnant women in the province remains relatively high, with a total of 1,253 reported cases. One of the non-pharmacological approaches to help manage this condition is the implementation of a low-salt diet through appropriate health education.

**Objective :** To describe the implementation of low-salt diet education on the level of knowledge among pregnant women with preeclampsia in the working area of Depok III Primary Health Center.

**Methods :** This scientific paper used a descriptive method with a case study approach involving two third-trimester pregnant women diagnosed with preeclampsia in the working area of Depok III Primary Health Center. Data were collected through interviews, observations, physical examinations, and measurement of knowledge levels using pre-test and post-test questionnaires. The low-salt diet education intervention was conducted over three visits, each lasting 30 minutes, using leaflet media.

**Results :** There was an improvement in knowledge among both respondents following the intervention. The respondents demonstrated an understanding of the definition, objectives, benefits, guidelines, and restrictions of a low-salt diet and showed increased independence in implementing it. Factors influencing the success of the educational intervention included family support, adherence to the recommended guidelines, and habitual consumption of high-salt foods.

**Conclusion :** The implementation of low-salt diet education was effective in improving the knowledge level of pregnant women with preeclampsia and is expected to contribute to the prevention of pregnancy-related complications.

**Keywords :** Knowledge level, low-salt diet education, preeclampsia.