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**Judul : Hubungan Pengetahuan dan Perilaku Diet Rendah Garam Terhadap Tekanan Darah Pada Lansia Hipertensi di Klinik Pratama Komplek Polri Ragunan**

#### **ABSTRAK**

**LatarBelakang:** Hipertensi merupakan salah satu masalah kesehatan utama pada kelompok lansia dan menjadi faktor risiko penting terjadinya penyakit kardiovaskular, stroke, serta gagal ginjal. Salah satu upaya nonfarmakologis yang efektif dalam pengendalian hipertensi adalah penerapan diet rendah garam. Namun, penerapan diet rendah garam pada lansia masih belum optimal akibat rendahnya tingkat pengetahuan serta perilaku diet yang belum sesuai dengan anjuran. Data pelayanan kesehatan menunjukkan bahwa jumlah penderita hipertensi di Klinik Pratama Komplek Polri Ragunan dalam satu tahun terakhir mencapai 155 orang. Kondisi ini menunjukkan pentingnya peningkatan edukasi kesehatan terkait diet rendah garam guna membantu pengendalian tekanan darah pada lansia hipertensi.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan dan perilaku diet rendah garam terhadap tekanan darah pada lansia hipertensi di Klinik Pratama Komplek Polri Ragunan.

**Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross sectional. Populasi penelitian adalah seluruh lansia penderita hipertensi di Klinik Pratama Komplek Polri Ragunan sebanyak 155 orang. Teknik pengambilan sampel menggunakan total sampling sehingga jumlah sampel sebanyak 155 responden. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan dan perilaku diet rendah garam serta pengukuran tekanan darah menggunakan tensimeter aneroid sesuai standar operasional prosedur. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square.

**Hasil:** Hasil penelitian menunjukkan bahwa responden dengan pengetahuan baik lebih banyak memiliki tekanan darah normal sebesar 58,3% (56 responden) dengan nilai  $p = 0,030$ . Responden dengan perilaku diet rendah garam kurang baik lebih banyak memiliki tekanan darah tinggi sebesar 84% (68 responden) dengan nilai  $p = 0,001$ .

**Kesimpulan:** Terdapat hubungan yang signifikan antara pengetahuan dan perilaku diet rendah garam terhadap tekanan darah pada lansia hipertensi.

**Kata kunci :** Pengetahuan, Perilaku, Diet Rendah Garam, Tekanan Darah, Lansia, Hipertensi

**Daftar Pustaka :** 75 Daftar Pustaka (2016 – 2025)

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**Title** : *The Relationship Between Knowledge and Low-Salt Dietary Behavior and Blood Pressure among Elderly Patients with Hypertension at the Primary Clinic of the Ragunan Police Complex*

#### **ABSTRACT**

**Background:** Hypertension is one of the major health problems among the elderly and is an important risk factor for cardiovascular disease, stroke, and kidney failure. One of the effective non-pharmacological efforts to control hypertension is the implementation of a low-salt diet. However, the implementation of a low-salt diet among the elderly is still not optimal due to low levels of knowledge and dietary behaviors that do not comply with recommended guidelines. Health service data show that the number of hypertension patients at the Pratama Clinic, Komplek Polri Ragunan, reached 155 cases in the past year. This condition highlights the importance of strengthening health education related to a low-salt diet to help control blood pressure among elderly patients with hypertension.

**Objective:** This study aimed to determine the relationship between knowledge and low-salt diet behavior and blood pressure among elderly patients with hypertension at the Pratama Clinic, Komplek Polri Ragunan.

**Methods:** This study used a quantitative approach with a cross-sectional design. The study population consisted of all elderly patients with hypertension at the Pratama Clinic, Komplek Polri Ragunan, totaling 155 individuals. The sampling technique used was total sampling, resulting in 155 respondents. Data were collected using questionnaires on knowledge and low-salt diet behavior and blood pressure measurements using an aneroid sphygmomanometer according to standard operating procedures. Data were analyzed using univariate and bivariate analyses with the Chi-Square test.

**Results:** The results showed that respondents with good knowledge were more likely to have normal blood pressure (58.3% or 56 respondents) with a p-value of 0.030. Respondents with poor low-salt diet behavior were more likely to have high blood pressure (84% or 68 respondents) with a p-value of 0.001.

**Conclusion:** There is a significant relationship between knowledge and low-salt diet behavior and blood pressure among elderly patients with hypertension.

**Keywords** : Knowledge, Low-Salt Diet, Dietary Behavior, Blood Pressure, Elderly, Hypertension

**References** : 75 references (2016 – 2025)