

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM S1 KEPERAWATAN**

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ABSTRAK

**PENGETAHUAN PASIEN HIPERTENSI TENTANG DIET DASH
(DIETARY APPROACH TO STOP HYPERTENSION)
DI WILAYAH KERJA PUSKESMAS PURBARATU
KOTA TASIKMALAYA**

x bagian awal + 74 halaman + 8 tabel + 12 lampiran

Hipertensi atau dikenal sebagai tekanan darah tinggi adalah penyakit degeneratif yang dicirikan dengan peningkatan tekanan sistolik lebih dari 140 mmHg dan tekanan diastolik lebih dari 90 mmHg. Penatalaksanaan hipertensi dilakukan dengan cara farmakologi dan non farmakologi. Salah satu cara untuk mengatasi hipertensi dengan non farmakologis adalah dengan memodifikasi pola makan menggunakan diet DASH (*Dietary Approach To-Stop Hypertension*). **Tujuan penelitian** ini untuk mengetahui pengetahuan pasien hipertensi tentang diet DASH Di Wilayah Kerja Puskesmas Purbaratu Kota Tasikmalaya. **Metode penelitian** ini adalah penelitian deskriptif kuantitatif. Populasi penelitian ini adalah pasien hipertensi di Wilayah Kerja Puskesmas Purbaratu sebanyak 434 orang, sample sebanyak 45 responden dengan *accidental sampling* selama 2 minggu . Instrumen yang digunakan adalah kuesioner, kemudian dianalisa secara univariat. **Hasil penelitian** Karakteristik pasien hipertensi di Wilayah Kerja Puskesmas Purbaratu sebagian besar berusia lanjut (68,9%), jenis kelamin perempuan (68,9%), pendidikan dasar (73,3%), dan tidak bekerja 31,1(%) berdasarkan tingkat pengetahuan tentang diet Dash pada hipertensi berpengetahuan baik (6,7%), cukup (31,1%), kurang (62,2%). Dapat di simpulkan bahwa distribusi frekuensi pengetahuan yang paling banyak adalah berpengetahuan kurang. Saran diharapkan agar tenaga kesehatan dapat memberikan Pendidikan kesehatan tentang diet DASH.

Kata kunci : Diet DASH, Hipertensi, Pengetahuan

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ABSTRACT

**KNOWLEDGE OF HYPERTENSION PATIENTS ABOUT THE DASH DIET
(DIETARY APPROACH TO STOP HYPERTENSION)
IN PURBARATU HEALTH CENTER WORKING AREA
TASIKMALAYA CITY**

x preface + 74 pages + 8 tables + 12 attachment

Hypertension, also known as high blood pressure, is a degenerative disease characterized by an increase in systolic pressure of more than 140 mmHg and diastolic pressure of more than 90 mmHg. Management of hypertension is carried out by means of pharmacology and non-pharmacology. One way to treat hypertension non-pharmacologically is to modify the diet using the DASH (Dietary Approach To-Stop Hypertension) diet. The purpose of this study was to determine the knowledge of hypertensive patients about the DASH diet in the Working Area of the Purbaratu Health Center, Tasikmalaya City. This research method is a quantitative descriptive research. The population of this study were hypertensive patients in the Working Area of the Purbaratu Public Health Center as many as 434 people, a sample of 45 respondents with accidental sampling for 2 weeks. The instrument used was a questionnaire, then analyzed univariately. The results of the study of the characteristics of hypertension patients in the Purbaratu Health Center Working Area were mostly elderly (68.9%), female sex (68.9%), basic education (73.3%), and not working 31.1(%) based on level of knowledge about the Dash diet in hypertension knowledgeable good (6.7%), sufficient (31.1%), less (62.2%). It can be concluded that the most knowledge frequency distribution is less knowledgeable. Suggestions are expected so that health workers can provide health education about the DASH diet

Keywords: DASH Diet, Hypertension, Knowledge