

## ABSTRAK

### **PENGARUH *SELF MANAGEMENT DIETARY COUNSELLING* (SDMC) TERHADAP KEPATUHAN DIET PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS PRAGAAN**

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Hipertensi adalah masalah kesehatan publik yang utama di seluruh dunia dan merupakan faktor risiko penyakit kardiovaskular tersering, serta belum dikontrol optimal di seluruh dunia. Namun, hipertensi dapat di cegah dengan penanganan yang efektif dapat menurunkan risiko stroke serta serangan jantung. Tujuan peneliti ini untuk mengidentifikasi pengaruh Self Management Dietary Counselling (SMDC) terhadap kepatuhan diet penderita hipertensi.

Jenis penelitian yang digunakan dalam penelitian ini adalah kuantitatif dengan menggunakan Desain Quasi Experimental, dengan kelompok control (pretest-posttest with control group desigh). dengan populasi Seluruh pasien yang mengalami Hipertensi berjumlah 153 orang dan sample Seluruh populasi sebanyak

nilai mean pada kelompok kontrol (pretest) 19,48. Kelompok perlakuan (posttest) nilai mean kepatuhan diet adalah 45,50, sedangkan nilai mean pada kelompok kontrol (posttest) 15,50. Berdasarkan uji Mann Whitney U pada kepatuhan diet sebelum dan sesudah intervensi didapatkan keduanya pada nilai p berjumlah 60 orang, sedangkan pengumpulan datanya menggunakan kuesioner. Hasil disajikan dalam bentuk tabel dan narasi.

Hasil analisis di dapatkan bahwa kelompok perlakuan (pretest) nilai mean kepatuhan diet adalah 41,52, sedangkan  $p = 0,00$  ( $p < \alpha$ ), yang artinya terdapat perbedaan antara nilai Kepatuhan diet kelompok perlakuan dan kelompok kontrol sebelum dan sesudah intervensi.

Melihat hasil penelitian ini disarankan bagi penderita hipertensi untuk lebih memperhatikan kesehatannya serta melaksanakan semua komponen pengendalian hipertensi secara disiplin.

**Kata kunci:** hipertensi, self management dietary counselling, kepatuhan diet

## ABSTRACT

### ***THE EFFECT OF SELF MANAGEMENT DIETARY COUNSELING (SDMC) ON DIET COMPLIANCE WITH HYPERTENSION PATIENTS IN THE WORK AREA OF PRAGAAN HEALTH CENTER***

**By :Zainal Abidin**

Hypertension is a major public health problem worldwide and is the most common risk factor for cardiovascular disease and has not been optimally controlled worldwide. However, hypertension can be prevented with effective treatment to reduce the risk of stroke and heart attack. The purpose of this study was to identify the effect of Self Management Dietary Counselling (SMDC) on dietary compliance in patients with hypertension.

The type of research used in this research is quantitative using a Quasi Experimental Design, with a control group (pretest-posttest with control group design).with a population of 153 patients with hypertension and a total sample of 60 people for the entire population, while the data was collected using a questionnaire. The results are presented in the form of tables and narratives.

The results of the analysis showed that the treatment group (pretest) the mean value of dietary compliance was 41.52, while the mean value in the control group (pretest) was 19.48. The treatment group (posttest) the mean value of diet adherence was 45.50, while the mean value in the control group (posttest) was 15.50. Based on the Mann Whitney U test on dietary compliance before and after the intervention, it was found that both p value = 0.00 ( $p < \alpha$ ), which means that there is a difference between the value of dietary adherence in the treatment group and the control group before and after the intervention.

Seeing the results of this study, it is recommended for people with hypertension to pay more attention to their health and carry out all components of hypertension control in a disciplined manner.

**Keywords:**hypertension, self-management dietary counseling, dietary compliance