

ABSTRAK

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Gambaran Kepatuhan Diet Rendah Garam Pada Klien Hipertensi Di Prolanis Puskesmas Sragi II

Latar Belakang: Hipertensi masih menjadi masalah kesehatan di Kabupaten Pekalongan. Data Puskesmas Sragi II menunjukkan terdapat 1.177 klien hipertensi pada tahun 2024, sedangkan berdasarkan studi pendahuluan pada Oktober 2025 terdapat 78 klien yang terdaftar sebagai peserta PROLANIS. Meskipun peserta PROLANIS mendapatkan edukasi dan pemantauan kesehatan secara rutin, masih ditemukan peserta dengan tekanan darah yang belum terkontrol. Penelitian ini bertujuan untuk menggambarkan karakteristik responden dan kepatuhan diet rendah garam pada klien hipertensi di Prolanis Puskesmas Sragi II.

Metode: Penelitian ini menggunakan desain *deskriptif*. Populasi penelitian adalah seluruh klien hipertensi peserta Prolanis di Puskesmas Sragi II sebanyak 78 responden. Teknik pengambilan sampel menggunakan *total sampling*, seluruh populasi menjadi sampel penelitian. Pengumpulan data menggunakan *Dietary Sodium Restriction Questionnaire-Indonesia (DSRQ-I)*. Data dianalisis secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil: Hasil penelitian menunjukkan bahwa dari 78 responden, sebanyak 48 responden (61,5%) tidak patuh dan 30 responden (38,5%) patuh terhadap diet rendah garam. Karakteristik responden didominasi oleh kelompok usia dewasa madya sebanyak 38 responden (48,7%), berjenis kelamin perempuan sebanyak 64 responden (82,1%), berpendidikan terakhir SD sebanyak 31 responden (39,7%), bekerja sebagai ibu rumah tangga sebanyak 33 responden (42,3%), dan lama menderita hipertensi 1–3 tahun sebanyak 43 responden (55,1%).

Simpulan: Klien hipertensi peserta Prolanis Puskesmas Sragi II tergolong dalam kategori tidak patuh terhadap diet rendah garam.

Kata Kunci: *hipertensi, kepatuhan, diet rendah garam, PROLANIS*

Daftar Pustaka: 63 (2016-2025)

ABSTRACT

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Description Of Low-Salt Diet Adherence Among Hypertensive Clients in The Chronic Disease Management Program (Prolanis) at Sragi II Community Health Center

Background: Hypertension remains a major health problem in Pekalongan Regency. Data from Sragi II Community Health Center showed that there were 1,177 hypertensive clients in 2024, while a preliminary study conducted in October 2025 identified 78 clients registered as PROLANIS participants. Although PROLANIS participants receive routine health education and monitoring, some participants still have uncontrolled blood pressure. This study aimed to describe the characteristics of respondents and adherence to a low-salt diet among hypertensive clients participating in PROLANIS at Sragi II Community Health Center.

Methods: This study used a descriptive design. The study population consisted of all 78 hypertensive clients participating in PROLANIS at Sragi II Community Health Center. Total sampling was used, with the entire population included as the study sample. Data were collected using the *Dietary Sodium Restriction Questionnaire-Indonesia (DSRQ-I)*. The data were analyzed using univariate analysis and presented as frequency distributions and percentages.

Results: The results showed that, among the 78 respondents, 48 respondents (61.5%) were non-adherent and 30 respondents (38.5%) were adherent to a low-salt diet. The characteristics of the respondents were predominantly middle-aged adults, comprising 38 respondents (48.7%); female, 64 respondents (82.1%); with elementary school as their highest level of education, 31 respondents (39.7%); housewives, 33 respondents (42.3%); and having suffered from hypertension for 1–3 years, 43 respondents (55.1%).

Conclusion: Hypertensive clients participating in PROLANIS at Sragi II Community Health Center were predominantly categorized as non-adherent to a low-salt diet.

Keywords: *hypertension, adherence, low-salt diet, PROLANIS*

References: 63 (2016–2025)