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Judul : Hubungan Antara Kepatuhan Diet Rendah Garam Dengan
Status Tekanan Darah Pada Pasien Hipertensi Di Puskesmas
Kedungwuni 1

Nama : Ani Khoirisaqolain

Menerangkan bahwa abstrak dengan judul di atas telah diterjemahkan ke dalam Bahasa Inggris oleh Lembaga Pengembangan Bahasa dan Kerja Sama (LPBK), Universitas Muhammadiyah Pekajangan Pekalongan.

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Aida Rusmariana, S.Kep., Ns., MAN 

ABSTRAK

Ani Khoirisaqolain¹, Firman Faradisi²

Hubungan Antara Kepatuhan Diet Rendah Garam Dengan Status Tekanan Darah Pada Pasien Hipertensi Di Puskesmas Kedungwuni 1

Latar Belakang: Status hipertensi di masyarakat masih menjadi masalah kesehatan yang perlu mendapat perhatian, karena berisiko menyebabkan komplikasi serius seperti stroke, gagal ginjal, dan penyakit jantung koroner. Salah satu upaya pengendalian hipertensi adalah melalui intervensi non-farmakologis, terutama diet rendah garam. Kepatuhan pasien terhadap diet rendah garam menjadi faktor penting yang memengaruhi keberhasilan pengendalian tekanan darah. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan terhadap diet rendah garam dengan pengendalian tekanan darah pada pasien hipertensi di Puskesmas Kedungwuni I.

Metode: Penelitian menggunakan desain analitik korelasional dengan pendekatan cross-sectional yang dilaksanakan pada 30 Maret–8 April 2026 pada tiga klaster desa di Puskesmas Kedungwuni 1, dengan sampel 67 pasien hipertensi yang dipilih melalui cluster random sampling; data kepatuhan dikumpulkan menggunakan kuesioner kepatuhan diet rendah garam yang telah diuji validitas dan reliabilitas dan serta pengukuran tekanan darah menggunakan tensimeter terkalibrasi, kemudian dianalisis secara univariat dan bivariat menggunakan uji chi-square untuk menguji hubungan antar variabel.

Hasil: Mayoritas responden berusia rata-rata 57,39 tahun dan dominasi perempuan (86,6%), 55,2% responden dikategorikan patuh terhadap diet rendah garam sementara 44,8% tidak patuh; distribusi status tekanan darah menunjukkan 29,4% prehipertensi, 34,3% hipertensi tahap 1, dan 37,3% hipertensi tahap 2; uji chi-square menghasilkan $p = 0,368$ sehingga tidak ditemukan hubungan bermakna antara kepatuhan diet rendah garam dan tingkat hipertensi dalam sampel ini.

Simpulan: Temuan ini menunjukkan bahwa kepatuhan diet rendah garam belum berhubungan bermakna dengan status tekanan darah pada responden, kemungkinan dipengaruhi oleh faktor lain seperti usia, komorbiditas, kepatuhan obat, aktivitas fisik, dan stres; oleh karena itu, pengendalian hipertensi perlu dilakukan secara komprehensif melalui edukasi, pemantauan tekanan darah, dan perubahan gaya hidup berkelanjutan.

Saran: Pasien hipertensi disarankan tetap menerapkan diet rendah garam sebagai bagian dari pola hidup sehat, disertai kepatuhan terhadap pengobatan, olahraga teratur, menjaga berat badan ideal, menghindari rokok dan alkohol, serta melakukan pemeriksaan tekanan darah secara berkala

Kata Kunci: *hipertensi, diet rendah garam, kepatuhan, tekanan darah*

Daftar Pustaka: (31) 2016-2025

ABSTRACT

Ani Khoirisaqolain¹, Firman Faradisi²

Association between Adherence to a Low-Sodium Diet and Blood Pressure Status in Hypertensive Patients at the Kedungwuni 1 Community Health Center

Introduction: Hypertension in the general population remains a health issue that requires attention, as it poses a risk of serious complications such as stroke, kidney failure, and coronary heart disease. One way to manage hypertension is through non-pharmacological interventions, particularly a low-sodium diet. Patient adherence to a low-sodium diet is a key factor influencing the success of blood pressure control. This study aims to determine the relationship between adherence to a low-sodium diet and blood pressure control in patients with hypertension at the Kedungwuni I Community Health Center.

Methods: The study used a correlational analytical design with a cross-sectional approach and was conducted from March 30 to April 8, 2026, in three village clusters within the Kedungwuni 1 Community Health Center, with a sample of 67 patients with hypertension selected through cluster random sampling; the compliance data were collected using a low-salt diet compliance questionnaire that had been validated for validity and reliability, and blood pressure was measured using a calibrated sphygmomanometer; the data were then analyzed using univariate and bivariate analyses, including the chi-square test, to examine the relationships among the variables.

Results: The majority of respondents had an average age of 57.39 years, and women made up the majority (86.6%); 55.2% of respondents were classified as adhering to a low-sodium diet, while 44.8% were not adhering to it; The distribution of blood pressure status showed 29.4% with prehypertension, 34.3% with stage 1 hypertension, and 37.3% with stage 2 hypertension; the chi-square test yielded a p-value of 0.368, indicating no significant association between adherence to a low-sodium diet and the prevalence of hypertension in this sample.

Conclusion: These findings indicate that adherence to a low-sodium diet is not significantly associated with blood pressure status among the respondents, likely due to the influence of other factors such as age, comorbidities, medication adherence, physical activity, and stress; therefore, hypertension management requires a comprehensive approach that includes education, blood pressure monitoring, and sustained lifestyle changes.

Recommendation: Patients with hypertension are advised to continue following a low-sodium diet as part of a healthy lifestyle, along with adherence to their medication regimen, regular exercise, maintaining a healthy weight, avoiding tobacco and alcohol, and having their blood pressure checked regularly.

Keywords: *hypertension, low-sodium diet, adherence, blood pressure*

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