

INTISARI

DIAN MARTHA KUSUMA, 2022., PENGARUH DIET RENDAH GARAM PADA HIPERTENSI TERHADAP KUALITAS HIPERTENSI DI KECAMATAN RENAH PAMENANG KABUPATEN MERANGIN PROVINSI JAMBI, SKRIPSI FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI SURAKARTA.

Hipertensi merupakan penyakit tekanan darah lebih dari 140/90 mmHg. Kontrol Hipertensi yang buruk berkontribusi terhadap terjadinya perubahan fisik, psikologis, sosial maupun lingkungan. Penelitian ini bertujuan untuk menganalisis pengaruh diet rendah garam terhadap kualitas hidup pasien hhipertensi di Puskesmas Meranti Provinsi Jambi.

Penelitian ini menggunakan metode pendekatan *cross sectional*. Populasi penelitian ini merupakan pasien hipertensi yang mengikuti acara Posbindu (Pos Binaan Terpadu) di wilayah kerja Puskesmas Meranti dengan sampel 87 responden. Sumber data penelitian adalah data primer. Pengambilan data dilakukan dengan cara wawancara dengan menggunakan kuesioner yang telah valid dan reliabel. Penilaian diet rendah garam menggunakan kuesioner DSR-SCB dan penilaian kualitas hidup menggunakan kuesioner WHOQoL-BREF. Analisis data menggunakan uji statistik *Chi Square* menggunakan program komputer SPSS.

Hasil penelitian ini menunjukkan 81 orang (93,1%) pasien melakukan diet rendah garam dan 83 orang (95,4%) pasien mempunyai kualitas hidup yang baik. Hasil uji *Chi Square* diketahui nilai *p-value* >0,05.

Kesimpulannya tidak terdapat pengaruh yang signifikan antara diet rendah garam terhadap kualitas hidup pasien hipertensi di Puskesmas Meranti Provinsi Jambi.

Kata kunci : Hipertensi, Diet Rendah Garam, Kualitas Hidup

ABSTRACT

DIAN MARTHA KUSUMA, 2022., THE INFLUENCE OF A LOW SALT DIET IN HYPERTENTION TREATMENT ON QUALITY OF LIFE OF LIFE IN JAMBI PROVINCE, THE FACULTY OF PHARMACEUTICAL DESCRIPTION, SETIAWAY UNIVERSITY.

Hypertension is a disease of blood pressure more than 140/90 mmHg. Poor hypertension control contributes to physical, psychological, social and environmental changes. This study aims to analyze the effect of a low-salt diet on the quality of life of hypertensive patients at the Meranti Health Center, Jambi Province.

This study uses a cross sectional approach. The population of this study were hypertensive patients who participated in the Posbindu (Integrated Development Post) event in the Meranti Health Center working area with a sample of 87 respondents. The source of research data is primary data. Data collection was done by interview using a valid and reliable questionnaire. The low-salt diet was assessed using the DSR-SCB questionnaire and the quality of life was assessed using the WHOQoL-BREF questionnaire. Data analysis used Chi Square statistical test using SPSS computer program.

The results of this study showed that 81 (93.1%) patients had a low-salt diet and 83 (95.4%) patients had a good quality of life. The results of the Chi Square test are known to have $p\text{-value} > 0.05$.

In conclusion, there is no significant effect between a low-salt diet on the quality of life of hypertensive patients at the Meranti Health Center, Jambi Province.

Keywords: Hypertension, Low Salt Diet, Quality of Life