

**GAMBARAN TINGKAT PENGETAHUAN KELUARGA TENTANG DIET  
PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS  
PURBARATU KOTA TASIKMALAYA**

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**Gambaran Tingkat Pengetahuan Keluarga Tentang Diet Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Purbaratau**

xi + 69 halaman + 11 tabel + 1 bagan + 6 Lampiran

**ABSTRAK**

**Latar Belakang** : Hipertensi kerap disebut sebagai penyakit *silent killer*. Hipertensi dapat diturunkan dengan cara pelaksanaan diet seperti mengurangi makanan tinggi garam dan melakukan aktivitas olahraga, Hubungan pengetahuan dengan bagaimana cara memelihara kesehatan sangatlah penting. Tingkat pengetahuan mampu mempengaruhi perilaku seseorang dalam merawat kesehatan salah satunya seperti hipertensi. **Tujuan penelitian** : Untuk mengetahui gambaran pengetahuan keluarga tentang diet pada penderita hipertensi di Wilayah Kerja Puskesmas Purbaratu **Metode Penelitian** : Jenis penelitian ini menggunakan metode deskriptif dengan jumlah sampel sebanyak 88 responden teknik pengambilan menggunakan metode *Accidental Sampling* **Hasil** : Hasil penelitian menunjukkan karakteristik keluarga dengan penderita hipertensi berdasarkan usia 50 tahun ke atas sebanyak 46 responden (52.3%), berdasarkan jenis kelamin paling banyak berjenis kelamin laki-laki 47 responden (53.4%), berdasarkan pendidikan paling banyak berpendidikan SD 33 responden (37.5%) dan berdasarkan pekerjaan 34 responden (38.6%) bekerja sebagai buruh. Gambaran tingkat pengetahuan keluarga tentang diet rendah garam masih kurang sebanyak 49 responden (55.7%), pengetahuan tentang diet rendah kolesterol kategori kurang sebanyak 46 responden (52.3%) kemudian pengetahuan tentang diet tinggi serat kategori cukup sebanyak 41 responden (46.6%) dan pengetahuan tentang diet rendah kalori kategori cukup sebanyak 41 responden (46.6%). **Kesimpulan** : Melalui hasil penelitian dapat diketahui pengetahuan keluarga tentang diet hipertensi masuk kedalam kategori kurang.

**Kata kunci** : Hipertensi, Diet , Pengetahuan

**Daftar Pustaka** : 36 (2012 -2022)

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***Description of Family Knowledge Levels About Diet in Hypertensive Patients in the Work Area of Purbaratau Health Center***

*xi + 69 pages + 11 tables + 1 chart + 6 Appendices*

**ABSTRACT**

**Background:** Hypertension is often referred to as a silent killer disease. Hypertension can be reduced by implementing a diet such as reducing high-salt foods and doing sports activities. The relationship between knowledge and how to maintain health is very important. The level of knowledge is able to influence a person's behavior in caring for health, one of which is hypertension. **The purpose of the study:** To describe the family knowledge about diet in patients with hypertension in the Work Area of the Purbaratu Public Health Center Research **Methods:** This type of research used a descriptive method with a sample of 88 respondents. The sampling technique used the Accidental Sampling method. **Results:** The results showed the characteristics of families with hypertension patients based on age 50 years and over as many as 46 respondents (52.3%), based on gender the most were male 47 respondents (53.4%), based on education most had elementary school education 33 respondents (37.5%) and based on occupation 34 respondents (38.6%) worked as laborers. The description of the level of family knowledge about a low-salt diet is still lacking as many as 49 respondents (55.7%), knowledge about a low-cholesterol diet in the less category as many as 46 respondents (52.3%) then knowledge about a high-fiber diet in sufficient category as many as 41 respondents (46.6%) and knowledge about low-calorie diet in sufficient category as many as 41 respondents (46.6%). **Conclusion:** Through the results of the study, it can be seen that the family's knowledge about the hypertension diet is in the poor category.

**Keywords:** Hypertension, Diet, Knowledge

**Bibliography :** 36 (2012 -2022)