

ABSTRAK

JUNUS FRANGKI BISAY (00000026236),
STILL RICARDO PEEA (01501170270),
TETTY SARITUA MARBUN (01501170447).

GAMBARAN TINGKAT PENGETAHUAN KELUARGA TENTANG DIET HIPERTENSI DI SATU KOMUNITAS AGAMA DI TANGERANG

(xiii + 90 halaman; 1 bagan; 5 tabel; 7 lampiran)

Latar Belakang: Keluarga berperan penting dalam pengaturan dan penatalaksanaan diet hipertensi keluarga, perlu memiliki pengetahuan yang baik tentang diet hipertensi. Menurut *World Health Organization*(WHO), sekitar 1.13 miliar orang di dunia menderita hipertensi di tahun 2015. Di Indonesia jumlah kasus sebesar 63.3 juta dan sebanyak 427.218 kematian akibat hipertensi dan komplikasinya. Salah satu cara mencegah dan mengontrol hipertensi adalah dengan melaksanakan diet hipertensi seperti *Dietary Approaches to Stop Hypertension*(DASH) untuk menurunkan tekanan darah dan komplikasi hipertensi. **Tujuan Penelitian:** Mengetahui gambaran tingkat pengetahuan keluarga tentang diet hipertensi di satu komunitas agama di Karawaci, Tangerang. **Metode Penelitian:** Penelitian ini menggunakan metode *kuantitatif* dengan pendekatan *deskriptif*. Penelitian dilakukan di satu komunitas agama di Karawaci, Tangerang. Teknik pengambilan sampel menggunakan *accidental sampling* dengan analisa data *univariat*. Instrumen penelitian berupa *online questionnaire* berbentuk *multiple choice*, menggunakan skala *Guttman*. Populasi yang digunakan adalah 72 Kepala Keluarga di satu komunitas agama di Karawaci, Tangerang, jumlah sampel 32. **Hasil Penelitian:** Didapatkan 32 responden yaitu keluarga memiliki tingkat pengetahuan baik dengan persentase sebanyak 100%. **Kesimpulan:** Semua responden memiliki tingkat pengetahuan baik, tidak ada cukup maupun kurang. **Saran:** Peneliti selanjutnya dapat mengembangkan penelitian untuk mencari hubungan antara tingkat pengetahuan dan pelaksanaan diet hipertensi keluarga dengan angka komplikasi hipertensi pada keluarga.

Kata kunci : Tingkat pengetahuan, Keluarga, Diet Hipertensi.
Referensi : 66 (2010-2020)

ABSTRACT

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THE DESCRIPTION OF THE LEVEL'S FAMILY KNOWLEDGE ABOUT THE HYPERTENSION DIET IN A RELIGIOUS COMMUNITY IN TANGERANG

(xiii + 90 pages 1 chart; 5 tables; 7 attachments)

Backgrounds: The family plays an important role in regulating the diet of eating or managing hypertension in the family, it is important for families to have a good knowledge of the hypertension diet. Hypertension is now the leading cause of death in Indonesia and in the world. The prevalence of hypertension sufferers continues to increase every year, World Health Organization(WHO) shows that around 1.13 billion people in the world suffered from hypertension in 2015. In Indonesia the number of cases was 63.3 million and the number of deaths was 427,218 deaths due to hypertension and its complications. One way to prevent and control hypertension is the Dietary Approaches to Stop Hypertension (DASH), the purpose of this diet is to lower blood pressure, hypertension complications and help reduce fat accumulation. **Aims:** to describe the level of family's knowledge about hypertension diet in a religious communities in Karawaci, Tangerang. **Research Method:** This study using quantitative methods with descriptive approach. The sampling technique uses accidental sampling with univariate data analysis. The research instrument was in the form of an online questionnaire in the form of multiple choices using the Guttman scale. The population used was 72 Head of Family in a religious communities in Karawaci, Tangerang, sample is 32 samples. **Results:** The families who have a good knowledge from 32 respondents is 100%. **Summary:** All responden have a good knowledge, no one families who have a quite or less knowledge. **Recommendation:** The advice for other researchers to develop this research to look for a relationship between level of knowledge and implementation of a family hypertension diet with hypertension complication rates in family members.

Keywords : Level of Knowledge, Family, Hypertension Diet

References : 66 (2010-2020)