ABSTRAK

ELSA HABI: The Relationship between Low-Salt Diet Adherence and Hypertension in the Elderly in Buhu Village, Tibawa District, Gorontalo Regency. Supervised by HARISMAYANTI as Chair and HAMNA VONNY LASANUDDIN as Member

One of the problems of hypertension is the frequent consumption of foods containing high salt content. This leads to increased hypertension in the elderly. This study aims to determine the relationship between low-salt diet adherence and hypertension in the elderly in Buhu Village, Tibawa District, Gorontalo Regency. This study was a descriptive correlation study with a cross-sectional approach. The population was 82 elderly people in Buhu Village, Tibawa District, Gorontalo Regency. The sample size was 45 using a purposive sampling technique. Data collection was carried out using a questionnaire instrument that had been tested for validity and reliability. The data obtained were then analyzed using the Chi-Square correlation test with a value of $\alpha = 0.05$. The results of the study showed that the majority of elderly people in Buhu Village, Tibawa District, Gorontalo Regency were compliant (44.4%), and non-compliant (55.7%), with mild hypertension (43.2%), moderate hypertension (50.0%), and severe hypertension (6.85%). The test results obtained a calculated X2 value of 38.089 and a ρ value of 0.000. By fulfilling the hypothesis (X2 count (38.089) > X2 table (5.991) and a ρ value (0.000) < α (0.05), it can be concluded that there is a relationship between compliance with a low-salt diet and hypertension in elderly people in Buhu Village, Tibawa District, Gorontalo Regency.

ABSTRAK

ELSA HABI Hubungan Kepatuihan Diet Rendah Garam Dengan Hipertensi Pada Lansia Di Desa Buhu Kecamatan Tibawa Kabupaten Gorontalo. Dibimbing oleh HARISMAYANTI sebagai ketua dan HAMNA VONNY LASANUDDIN sebagai anggota

Salah satu masalah Hipertensi yaitu karena sering mengkonsumsi makanan yang mengandung kadar garam tinggi. Hal tersebut menyebabkan meningkatnya hipertensi pada lansia. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan diet rendah garam dengan hipertensi pada lansia di Desa Buhu Kecamatan Tibawa Kabupaten Gorontalo. Penelitian ini berjenis descriptif correlaction dengan pendekatan cross sectional studay. Populasi adalah lansia di Desa Buhu Kecamatan Tibawa Kabupaten Gorontalo sebanyak 82 orang. Jumlah sampel sebanyak 45 menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan instrument kuesioner yang telah teruji validitas dan reabilitas. Data yang didapatkan kemudian dianalisis menggunakan uji kolerasi Chi Square dengan nilai α=0,05. Hasil penelitian didapatkan pada lansia di Desa Buhu Kecamatan Tibawa Kabupaten Gorontalo sebagian besar patuh (44,4%), dan tidak patuh terhadap diet rendah garam (55,7%), dan sebagian besar lansia mendapatkan kategori Hipertensi Ringan (43,2%), Hipertensi sedang (50,0%), dan Hipertensi berat (6,85). Hasil uji mendapatkan nilai X^2_{hitung} sebesar 38,089 dan ρ sebesar 0,000 Dengan pemenuhan hipotesis nilai X^2_{hitung} (38,089) > X^2_{tabel} (5.991) serta nilai ρ (0,000) < α (0,05) maka dapat dinyatakan bahwa ada hubungan kepatuhan diet rendah garam dengan hipertensi pada lansia di Desa Buhu Kecamatan Tibawa Kabupaten Gorontalo.

Kata Kunci: Diet Rendah Garam, Hipertensi