ABSTRACT

THE EFFECT OF COUNCILING OF HYPERTENSION TO THE POTASSIUM, SODIUM, FLUIDS ADEQUACY LEVEL WITH BLOOD PRESSURE IN OUTPATIENTS WITH HYPERTENSION PROLANIS BINA SEHAT PARTICIPANT IN PRINGSURAT PUBLIC HEALTH CENTER, TEMANGGUNG REGENCY

Dewi Saparini¹, Agustin Syamsianah², Yunan Kholifatuddin Syadi³
¹,²,³Program Studi S1 Ilmu Gizi Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang

Knowledge of health has an influence on behavior as a result of the medium-term (intermediate impact) of health education. One important example is the knowledge about the world of hypertension because hypertension is a major risk factor for the cause of death. Hypertension now is a global problem because have increasing prevalence of cause changing of lifestyle that include unhealthy habits such as smoking, drinking alcohol, consumption of foods with nutrients are not balanced, stress and lack of physical activity. The aim of this study was to determine the effect of counseling of hypertension to the potassium, fluids, sodium adequacy level with blood pressure in outpatients with hypertension prolanis bina sehat participant in Pringsurat Public Health Center, Temanggung Regency. Quasi experiment with design “Pre test and post test”. Resident population of the all outpatients with hypertension Prolanis Bina Sehat participant were 59 people, the sample size is 22 people. Sampling technique using purposive sampling. Bivariate analysis using dependent t-test and Wilcoxon test.

The result of this research showed there is no influence of counseling of hypertension to the adequacy of potassium (p value = 0.06), sodium (p value = 0.363), and diastolic blood pressure (p value = 0.08) but there are the influence of counseling of hypertension to the fluids adequacy and systolic blood pressure (p value = 0.00).

Keywords: penyuluhan tentang hipertensi, tingkat kecukupan kalium, natrium dan cairan, tekanan darah.

http://repository.unimus.ac.id