

Hubungan Tingkat Pengetahuan dan Asupan Natrium Dengan Tekanan Darah pada Pasien Hipertensi Rawat Jalan di Wilayah Kerja Puskesmas Loceret

(The Relationship between Level of Knowledge and Sodium Intake with Blood Pressure in Outpatient Hypertension Patients in the Working Area of Puskesmas Loceret)

Azizah Nurlaili Wijayanti
Clinical Nutrition Program Study
Departement of Health

ABSTRACT

Hypertension poses a significant global health challenge, affecting 22% of the world's population, with a prevalence of 36% in Southeast Asia, as reported by the World Health Organization (WHO). Hypertention contributed to 23.7% of the total 1.7 million deaths in Indonesia in 2016 (Hariawan et al., 2020). Preliminary research at Puskesmas Loceret an 18.8% prevalence of hypertension among outpatient attendees in 2021, escalating to 22.9% in 2022. This study aims to investigate the relationship between knowledge levels and sodium intake with blood pressure among outpatient hypertensive patients in the Puskesmas Loceret. Using a cross-sectional observational analytic design, the study included 60 hypertensive patients as subjects. Spearman's rho correlation analysis between knowledge and blood pressure revealed a p-value of 0.29 (>0.05), indicating no significant association between the two variables ($r=-0.139$, suggesting a very weak correlation). Conclusions on this research found no significant correlation between knowledge levels and blood pressure among outpatient hypertensive patients in the Puskesmas Loceret. However, a significant relationship was identified between sodium intake and blood pressure in this patient population. These findings contribute valuable insights to the understanding the factors influencing hypertension management in outpatient settings.

Keywords: Knowledge, Sodium, Patients, Hypertension