

*The Relations Compliance A Diet Of Inferior Salt To Pressure Blood Elderly At
Upt Social Services Elderly Kabupaten Jember*

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ABSTRACT

Hypertension which is well kown as high blood pressure disease is a condition which people's blood pressure is ubnormal that is 120mmHg for systolic and 80 mmHg for diastolic. Hypertension which is happened in long term and it is continously can cause a stroke, heart attack, heart failure, and the main cause of cronicle kidney failure. To resolve a hypertension can be provided therapy of pharmacology and non-pharmacological. Non-pharmacological therapy which can be given is by some diet therapies of food intake. One of diet therapy of food intake is low-salt diet. This research is for finding the correlation of diet obediance to blood pressure of elderly in UPT Pelayanan Sosial Lanjut Usia Kabupaten Jember.

This research is using experiment quasi and done on October 2016. The collecting data is using form food weighing and blood pressure measurement which implicate 20 respondents.

Thye result of this research which is obtained from spearman rank correlation test is there is correlation between low-salt diet and blood pressure of elderly (p Value = 0.04) in UPT Pelayanan Sosial Lanjut Usia Kabupaten Jember.

Keyword: obediance of low-salt diet, blood pressure