

ABSTRACT

FATIHA TUL LAILIYA, Clinical Nutrition Program, Health Department, third Period of 2010 of State Polytechnic of Jember, 2014, The Effects of Nutrition Counseling to the Level Knowledge, Attitude and Compliance in Implementation of Low Salt Diet Hypertension to the Patients In Public Hospital of Rambipuji state of Jember.

This research was conducted with nutritional counseling interventions to patients with primary hypertension. The study was conducted at the Public Hospital of Rambipuji state of Jember, been selected ranks second highest incidence of hypertension in Jember. This study aims to determine the effect of nutritional counseling on the level of knowledge, attitudes and compliance in implementing low-salt diet in patients with primary hypertension.

Quasi-Experimental Research Design method. Respondents in this study using the 30 respondents, divided into two groups: the intervention group and the control group. The intervention group of 20 people given nutritional counseling intervention on dietary management of hypertension. The control group of 10 people who were not given nutritional counseling intervention. The results of the study for 14 days showed no difference in the level of knowledge, attitudes and compliance as well as the value of blood pressure in patients who were given counseling and was not given counseling. Mann-Whitney Result knowledge 0,03 p value, p value attitude 0,01, 0,04 p value adherence and blood pressure p value 0,03, respectively.

Conclusions on the research there are differences in the level of knowledge, attitudes and compliance of patients who were given nutritional counseling at increased compared with patients who were not given the counselee nutrition.

Keywords: Nutrition Counseling, Hypertension, levels of knowledge, attitude, Compliance