

**PENGARUH EDUKASI DIET DAN TERAPI OBAT TERHADAP
PENGETAHUAN, PERILAKU DIET DAN KEPATUHAN MINUM OBAT
PENDERITA HIPERTENSI DI POS PEMBINAAN
TERPADU KELURAHAN MOJOROTO
KOTA KEDIRI JAWA TIMUR**

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ABSTRAK

LatarBelakang : Hipertensi tidak dapat disembuhkan namun dapat dikendalikan dengan mengontrol kesehatan secara rutin, melakukan diet rendah garam, rendah kolesterol, rendah kalori, tinggi serat dan mengkonsumsi obat secara teratur.

Tujuan Penelitian : Mengetahui pengaruh edukasi diet dan terapi obat terhadap pengetahuan, perilaku diet dan kepatuhan minum obat penderita hipertensi di Pos Pembinaan Terpadu Kelurahan Mojoroto Kota Kediri Jawa Timur.

Metode Penelitian : Penelitian *quasi experiment* dengan *pre test and post test non-equivalent control group*. Jumlah sampel sebanyak 42 responden dengan *total sampling*. Instrumen pengetahuan dan perilaku diet menggunakan kuesioner, kepatuhan minum obat menggunakan lembar catatan minum obat dan tekanan darah dengan menggunakan *spygnomometer* dan stetoskop. Hasil penelitian dianalisis dengan uji *independent sampel t tes*.

Hasil Penelitian : Setelah dilakukan edukasi diet dan terapi obat, tidak ada perbedaan yang signifikan terhadap pengetahuan ($p=0,305$), tetapi terdapat perbedaan yang signifikan terhadap perilaku diet ($p=0,034$), kepatuhan minum obat ($p=0,001$) dan penurunan tekanan darah pada kelompok kontrol dan intervensi ($p=0,005$)

Kesimpulan : Edukasi diet dan terapi obat tidak mempengaruhi pengetahuan penderita hipertensi, tetapi mempengaruhi perilaku diet, kepatuhan minum obat dan tekanan darah penderita hipertensi.

Kata kunci : Edukasi, Pengetahuan, Perilaku Diet, Kepatuhan minum obat, Tekanan darah.

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**INFLUENCE OF DIETARY EDUCATION AND MEDICATION
THERAPY TOWARDS KNOWLEDGE, DIETARY BEHAVIOR AND
OBEDIENCE OF TAKING MEDICINE TO PATIENTS WITH
HYPERTENSION IN *POS PEMBINAAN TERPADU KELURAHAN
MOJOROTO KEDIRI EAST JAVA***

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ABSTRACT

Background: Hypertension cannot be cured but can be controlled through routine health controls, low-salt diet, low-cholesterol diet, low-calory diet, high-fiber diet and taking medicine regularly.

Objective: To determine the influence of dietary education and medication therapy towards knowledge, dietary behavior and compliance of taking medicine to patients with hypertension in *Pos Pembinaan Terpadu Kelurahan Mojoroto Kota Kediri*, East Java.

Methods: Research design was quasy experiment with pre test and post-test non-equivalent control group. Samples were 42 respondents using total sampling. Instrument knowledge and dietary behavior were assessed using questionnaire. Obedience of taking medicine used sheet of taking medicine record. Blood pressure was measured using sphygmomanometer and stethoscope. Data were analyzed by independent sample t-test.

Results: After conducted dietary education and medication therapy, there was no difference significantly towards knowledge ($p=0.305$), but there was different significantly towards dietary behaviors ($p = 0.034$), obedience of taking medicine ($p = 0.001$) and decreasing blood pressure to control group and intervention group ($p = 0.005$).

Conclusion: Dietary education and medication therapy did not influence knowledge, but influenced dietary behavior, obedience of taking medicine and patient's blood pressure with hypertension.

Keywords: Education, Knowledge, Dietary Behavior, Obedience of taking medicine, blood pressure.

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