

ABSTRACT

Ahmad Aulia Aditya Pratama, 2025. The Effect of Low Salt Diet Education And Provision Of Tomatoes (*Lycopersicon Esculentum*) On Blood Pressure Of Hypertension Patients At The Kedungkandang Health Center, Malang City Under The Guidance Of Sutomo Rum Teguh K, SKM., M.Kes And Fifi Luthfiyah, SST., M.Kes

Background: Non-communicable diseases or known as New Communicable Diseases are the leading cause of death worldwide. Non-communicable diseases (NCDs) kill more people each year than all other diseases combined. One of the non-communicable diseases (NCDs) currently a priority in global health is hypertension. The prevalence of hypertension in Indonesia has reached 30,8% with the most sufferers being women (36.8%) compared to men (31.3%). In 2023, the prevalence percentage of high blood pressure in East Java was 36,3%. A low-salt diet is a diet that is cooked using salt but with certain restrictions. Salt contains the main mineral called sodium. To improve knowledge and attitudes, one of them is through health education such as nutritional counseling to lower blood pressure. Non-pharmacological therapy that can be used to treat high blood pressure is by consuming tomatoes. The benefits of tomatoes are that they can lower blood pressure because tomatoes contain 4.6 mg of lycopene and 164.9 mg of potassium in 100 grams of tomatoes

Objective: Determine the effect of low-salt diet education and provision of tomatoes on blood pressure in hypertensive patients at the Kedungkandang Health Center, Malang City

Method: This research is a type of quantitative research with a research design using a quasi-experimental approach with a control group pre-test post-test. The sample of this study was 20 respondents consisting of 10 respondents in the control group and 10 respondents in the treatment group with a purposive sampling technique. Data processing using SPSS version 25. Statistical analysis using Descriptive Test, Mann-Whitney U Test, and Wilcoxon Signed Ranks Test

Results: Results: The results of the study showed that there was a significant influence and difference between low-salt diet education and provision of tomatoes on systolic and diastolic blood pressure of hypertensive patient respondents in the control and treatment groups with a significance result of $p=0.00$ ($p<0.05$)

Conclusion: There is an effect of low salt diet education and provision of tomatoes on the blood pressure of hypertensive patient respondents

Keywords: Low salt diet education, tomatoes, blood pressure, hypertension