

ABSTRACT

Revi Fladya Avinka. 2023. *The Study of Administration DASH Diet Education with the Peer Group Method for Hypertension Sufferers (Case Study at the Cisadea Health Center, Malang City).*

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Hypertension is still a health problem as evidenced by the global prevalence reaching 22% of the total population. The prevalence of hypertension in Indonesia from Riskesdas data increased in 2018 to 34.1%. The number of hypertension sufferers ranks 1st out of 10 most diseases in the Cisadea Community Health Center, Malang City. Management of hypertension can be carried out non-pharmacologically with lifestyle modifications by adjusting the diet according to the DASH diet recommendations. Steps that can be implemented so that people with hypertension can adopt a new eating pattern is to provide education using effective learning methods such as peer groups. This study aims to examine the provision of education on the DASH diet using the peer group method on knowledge, intake of micronutrients (sodium, potassium, calcium, magnesium) and blood pressure of hypertension sufferers at Cisadea Health Center, Malang City. The research design is an observational descriptive case study with a one group pre-test post-test intervention approach. Activities were carried out over four meetings. Data were analyzed univariately in the form of distribution tables and descriptions. The results of the study showed an average increase in knowledge (10.36), intake of potassium (582.83), calcium (80.17), magnesium (76.09) and a decrease in the average intake of sodium (373.13), blood pressure systolic (2.05) and diastolic (1.03) before and after intervention. Providing DASH diet education using the peer group method has an effect on knowledge, micronutrient intake and blood pressure in hypertension sufferers.

Keywords: *micronutrient intake, DASH diet education, peer group, knowledge, blood pressure*