

ABSTRACT

Nanik Aniatu Solikha, 2023. Differences in Levels of Knowledge, Attitudes, Potassium and Sodium Consumption Levels in Hypertension Sufferers Before and After Nutrition Counseling Using Booklet Media in the Working Area of Rampal Celaket Community Health Center, Malang City, Supervisor: Ibnu Fajar, SKM, M.Kes, RD. and I Nengah Tanu Komalya, DCN., SE., M.Kes., RD.

Background: Hypertension is a disease that is often found in Indonesia, especially in big cities. Hypertension can be defined as systolic blood pressure > 140 mmHg, or diastolic blood pressure > 90 mmHg (Lu et al, 2015). Hypertension is also called the silent killer or silent killer because this disease has no specific symptoms, can attack anyone, and at any time, and can cause degenerative diseases, up to death (Sari, 2017). The prevalence of hypertension according to the 2018 Riskesdas showed an increase from 27.8% in 2013 to 34.1% in 2018. In East Java Province the measurement results for hypertension were 26.2% in 2013 increased to 36.3% in 2018 (Riskesdas, 2018).

Purpose: To determine the differences in the level of knowledge, attitudes, levels of potassium and sodium consumption of hypertensive sufferers before and after nutritional counseling using booklet media in the working area of the Rampal Celaket Health Center, Malang City.

Methods: This type of research is a quasi-experimental design, with a non-randomized control group pretest-posttest design. The research subjects totaled 30 people, consisting of 15 people for the treatment group and 15 people for the control group. The data collected included age, gender, education, occupation, knowledge, attitudes, levels of potassium and sodium consumption. The instruments used were questionnaires, media booklets, and food photo books. Analysis of research data using statistical tests paired sample t-test.

Results: There were significant differences in knowledge, attitudes, levels of potassium and sodium consumption after being given nutrition counseling in the treatment group with values <0,05 ($p=0,00$), ($p=0,001$), ($p=0,002$), ($p=0,026$)

Conclusion: There are significant differences in knowledge, attitudes, levels of consumption of potassium and sodium in hypertensive patients in the working area of the Rampal Celaket Health Center, Malang City.

Keywords: Knowledge, Attitude, Consumption level, Hypertension, Nutrition counselling

