

ABSTRACT

Helenna Sherly Yeliza, 2023. Nutrition Education Through Online Media Classes on Level of Knowledge, Sodium Intake, and Blood Pressure of Hypertension Patients at the Banjarejo Tulungagung Health Center. Supervisors: **Dwie Soelistyorini, SST., M.Kes** and **Dwipajati, SST., M.Gz**

Background: Hypertension is a condition where the systolic blood pressure is more than 140 mmHg and the diastolic blood pressure is more than 90 mmHg. Several risk factors that can trigger hypertension include age, genetics, gender, food consumption, excessive salt consumption, lack of physical activity, and stress. These risk factors are related to an unhealthy lifestyle which is caused by a lack of knowledge about nutrition. One way to increase knowledge and adherence to the diet of hypertensive patients is to provide nutrition education.

Purpose: To determine the effect of nutrition education through online class media on the level of knowledge, sodium intake, and blood pressure of hypertension sufferers at the Banjarejo Tulungagung Health Center

Methods: This research is a quantitative research, a quasi-experimental research type with the one group pretest–posttest design. Samples were taken as many as 28 people. The data collected included pre-test and post-test data on knowledge level, sodium intake data, and blood pressure data. The analysis used is univariate analysis and bivariate analysis. Data analysis used the Shapiro-Wilk normality test, then if the data was normally distributed it was continued using the Pired Sample T-Test, whereas if the data was not normally distributed it was continued with the Wilcoxon test.

Results: Shows that there is an effect of providing education on the level of knowledge as evidenced by the fact that before being given nutrition education the average level of knowledge of the respondents was in the sufficient category, whereas after being given nutrition education the average level of knowledge of the respondents was in the good category. The increased level of knowledge affected the respondent's sodium intake, before being given the intervention sodium intake was in the excess category, but after being given the intervention the respondent's sodium intake decreased. Reducing sodium intake causes the respondent's blood pressure to also decrease.

Conclusion: Intervention in the form of nutrition education is quite effective as an effort to increase knowledge, resulting in a decrease in sodium intake and blood pressure in hypertension sufferers.

Keywords: Hypertension, Level Of Knowledge, Sodium Intake, Blood Pressure