

# HUBUNGAN ANTARA PERSEPSI DAN PERILAKU DIET PENCEGAHAN HIPERTENSI PADA INDIVIDU DENGAN RIWAYAT KELUARGA HIPERTENSI DI DESA BANTERAN

Nia Rizkiyanti<sup>1</sup>, Eva Rahayu<sup>2</sup>, Iwan Purnawan<sup>3</sup>

## ABSTRAK

**Latar Belakang:** Hipertensi merupakan faktor penting penyebab Penyakit Tidak Menular yang menjadi penyebab kematian nomor satu di dunia. Faktor terjadinya hipertensi yaitu riwayat keluarga. Risiko hipertensi pada individu dengan riwayat keluarga hipertensi dapat dicegah dengan meningkatkan perilaku diet. Teori *Health Promotion Model* Pender menyebutkan salah satu faktor yang mempengaruhi perilaku yaitu persepsi. Tujuan penelitian ini untuk mengetahui hubungan antara persepsi dan perilaku diet pencegahan hipertensi pada individu dengan riwayat keluarga hipertensi.

**Metodologi:** Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Pengambilan sampel menggunakan *accidental sampling*. Sampel berjumlah 75 responden. Analisis data menggunakan Uji *Spearman*.

**Hasil:** Karakteristik responden sebagian besar berusia 26-40 tahun, perempuan, berpendidikan SD, dan berpenghasilan <Rp 1.461.400. Nilai median persepsi 39 (rentang skor 22-44) dan perilaku diet pencegahan hipertensi 27 (rentang skor 0-57). Hasil uji menunjukkan nilai  $p=0,484$  dan  $r=0,082$ .

**Kesimpulan:** Tidak terdapat hubungan yang bermakna antara persepsi dengan perilaku diet pencegahan hipertensi.

**Kata kunci:** Hipertensi, persepsi, perilaku diet pencegahan hipertensi

---

<sup>1</sup>Mahasiswa Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

<sup>2</sup>Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

<sup>3</sup>Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

# **CORRELATION BETWEEN DIETARY PERCEPTION OF HYPERTENSION PREVENTION AND THE BEHAVIOR AMONG INDIVIDUAL WITH FAMILY HISTORY OF HYPERTENSION IN BANTERAN VILLAGE**

Nia Rizkiyanti<sup>1</sup>, Eva Rahayu<sup>2</sup>, Iwan Purnawan<sup>3</sup>

## **ABSTRACT**

**Background:** Hypertension is an important factors that causes Non-Communicable Diseases which is currently the number one cause of death in the world. Factor the occurrence of hypertension is family history. The risk of hypertension in individuals with a family history of hypertension can be prevented by increasing dietary behavior. The Health Promotion Model theory by Pender mentions one of the factors that influence the behavior is perception. The aim of this study was to know the correlation between dietary perception of hypertension prevention and the behavior among individual with family history of hypertension in Banteran village.

**Methodology:** This research was a quantitative study with cross sectional design. Sampling used accidental sampling. Sample amounted to 75 respondents. Data analysis used Spearman Test.

**Results:** The characteristics of respondents were mostly 26-40 years old, female, education was elementary school, and the income is <Rp 1.461.400. The median value of perception was 36 (range score 22-44) and diet behavior prevention of hypertension was 27 (range score 0-57). Result showed that p value=0,484 and r value=0,082.

**Conclusion:** There was no significant correlation between dietary perception of hypertension prevention and the behavior.

**Keywords:** Hypertension, perception, dietary behavior of hypertension prevention

<sup>1</sup>Nursing Student, Faculty of Health Sciences, University of Jenderal Soedirman

<sup>2,3</sup>Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University