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“The Effect of DASH Diet Education (Dietary Approaches to Stop Hypertension) on Dietary Decision-Making of Hypertension Patients at Rejosari Public Health Center”

Xi + 43 Pages +3 Tables + 1 Scheme + 7 Appendixes

ABSTRACT

Hypertension is a major health issue that can lead to serious complications. One non-pharmacological approach to its management is the DASH diet (Dietary Approaches to Stop Hypertension). Education about this diet is crucial to improving adherence among hypertensive patients. According to WHO (2023), more than 1.28 billion adults worldwide have hypertension, with a global prevalence of 22%. In Indonesia, the prevalence of hypertension among individuals aged 18 and above is 30.8% (SKI, 2023). Although the DASH diet has been proven effective in lowering blood pressure, its implementation remains low due to a lack of understanding and education. This study aims to analyze the effect of DASH diet education on dietary decisions among hypertensive patients. The research design is quasi-experimental with a Nonequivalent Control Group Design, involving 40 respondents at Puskesmas Rejosari, Pekanbaru City, using purposive sampling. Research instruments include questionnaires, observation, and literature review. The study results showed that the average pre-test scores for both the intervention and control groups were the same, at 23.50, while the post-test scores increased to 31.75 in the intervention group and 31.45 in the control group. Statistical tests showed a p-value of 0.653 (>0.05), indicating that H_0 failed to be rejected, meaning there was no significant difference in the effectiveness of DASH diet education. This study is expected to serve as a reference for healthcare professionals in improving the effectiveness of DASH diet education and as a basis for future research on dietary interventions in hypertension management.

*Keywords: hypertension, education, DASH diet
References : 48 (2008-2024)*