

**PROGRAM STUDI D III KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Penelitian, 15 Juli 2026

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**Hubungan Kepatuhan Diet Dengan Tekanan Darah Pada Penderita Hipertensi
Di Puskesmas Payung Sekaki Pekanbaru**

xvi + 48 halaman + 6 tabel + 2 gambar + 9 lampiran

ABSTRAK

Latar Belakang : Hipertensi merupakan penyakit tidak menular yang menjadi risiko utama gangguan kardiovaskular. Pengendalian tekanan darah membutuhkan pendekatan non-farmakologis, salah satunya melalui kepatuhan diet rendah garam.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan diet dengan tekanan darah pada penderita hipertensi di Puskesmas Payung Sekaki Pekanbaru.

Metode : Penelitian kuantitatif dengan pendekatan *cross-sectional* ini melibatkan 99 responden penderita hipertensi usia 21–59 tahun yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan melalui kuesioner kepatuhan diet dan pengukuran tekanan darah langsung dengan tensimeter.

Data dianalisis secara univariat dan bivariat menggunakan uji *Pearson Chi-Square* ($\alpha = 0,05$). **Hasil** Mayoritas responden patuh menjalankan diet yaitu sebanyak 84 orang (84,8%), sedangkan kondisi tekanan darah responden didominasi oleh Hipertensi Stadium 1 sebanyak 39 orang (39,4%), Pre-Hipertensi 34 orang (34,3%), dan Stadium 2 sebanyak 26 orang (26,3%). Hasil uji statistik *Pearson Chi-Square* menghasilkan nilai *p-value* = 0,546 ($p > 0,05$), sehingga H_0 diterima dan H_1 ditolak.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara tingkat kepatuhan diet dengan kondisi tekanan darah pada penderita hipertensi di Puskesmas Payung Sekaki Pekanbaru. Pengendalian tekanan darah bersifat multifaktorial yang juga dipengaruhi oleh faktor lain seperti kepatuhan konsumsi obat, manajemen stres, dan aktivitas fisik. Pihak puskesmas diharapkan dapat memberikan edukasi kesehatan secara komprehensif dan holistik.

Kata Kunci: Kepatuhan Diet, Hipertensi, Tekanan Darah, Puskesmas.

Daftar Bacaan : 43 referensi (2018 – 2026).

**D III NURSING STUDY PROGRAM FACULTY OF NURSING
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Research, 15 July 2026

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The Correlation Between Dietary Adherence and Blood Pressure in Hypertension Patients at Payung Sekaki Public Health Center Pekanbaru

xvi + 45 pages + 6 tables + 2 figures + 5 appendices

ABSTRACT

Background : Hypertension is a non-communicable disease that serves as a major risk factor for cardiovascular disorders. Blood pressure control requires non-pharmacological approaches, one of which is adherence to a low-salt diet. **Objective :** This study aims to determine the relationship between dietary adherence and blood pressure levels among hypertensive patients at the Payung Sekaki Public Health Center (Puskesmas), Pekanbaru. **Method :** This quantitative study with a cross-sectional approach involved 99 hypertensive respondents aged 21–59 years selected using a purposive sampling technique. Data collection was conducted using a dietary adherence questionnaire and direct blood pressure measurements with a sphygmomanometer. Data were analyzed through univariate and bivariate analysis using the Pearson Chi-Square test ($\alpha = 0.05$). **Result:** The majority of respondents were adherent to the diet, accounting for 84 individuals (84.8%). Meanwhile, the respondents' blood pressure levels were dominated by Stage 1 Hypertension with 39 individuals (39.4%), Pre-hypertension with 34 individuals (34.3%), and Stage 2 Hypertension with 26 individuals (26.3%). The Pearson Chi-Square statistical test yielded a p -value = 0.546 ($p > 0.05$), resulting in the acceptance of H_0 and rejection of H_1 . **Conclusion:** There is no significant relationship between dietary adherence and blood pressure levels among hypertensive patients at the Payung Sekaki Public Health Center, Pekanbaru. Blood pressure control is multifactorial and influenced by other factors such as medication adherence, stress management, and physical activity. The public health center is expected to provide comprehensive and holistic health education.

Keywords: Dietary Adherence, Hypertension, Blood Pressure, Public Health Center.

References: 43 sources (2018 – 2026).