

ABSTRAK

PERILAKU DIET PADA KLIEN HIPERTENSI SELAMA PANDEMI COVID-19 DI PUSKESMAS TANAH KALI KEDINDING SURABAYA

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Hipertensi suatu keadaan dimana seseorang mengalami peningkatan tekanan darah di atas normal. Pembatasan aktivitas di luar ruangan yang diterapkan selama pandemi COVID-19 menyebabkan perubahan gaya hidup masyarakat berupa perubahan perilaku diet. Perilaku diet yang baik dapat menstabilkan tekanan darah. Tujuan penelitian ini untuk mengetahui perilaku diet pada klien hipertensi selama Pandemi COVID-19 di Puskesmas Tanah Kali Kedinding Surabaya.

Jenis penelitian yang digunakan adalah penelitian deskriptif. Populasi penelitian ini klien hipertensi berjumlah 748 orang. Banyak sampel 45 klien dan variabel penelitian yang meliputi karakteristik klien, jenis, dan frekuensi makanan klien hipertensi. Penelitian ini menggunakan teknik purposive sampling. Pengumpulan data dengan kuesioner Food Frequency Questionnaire (FFQ) yang telah dimodifikasi.

Penelitian ini didapatkan karakteristik klien hipertensi hampir setengahnya berusia 45-59 tahun (48,9%), sebagian besar berjenis kelamin perempuan (66,7%), dan memiliki kategori tekanan darah hipertensi stage 2 (71,1%). Jenis makanan yang dikonsumsi klien hipertensi sebagian besar makanan mengandung garam berkategori baik (73,3%), lemak berkategori berlebih (55,6%), dan serat berkategori kurang (73,3%) selama pandemi COVID-19. Frekuensi makanan yang dikonsumsi klien hipertensi hampir seluruhnya berkategori cukup (77,8%), sebagian kecil berkategori baik (17,8%) dan kurang (4,4%) selama pandemi COVID-19.

Klien hipertensi sebaiknya melakukan perilaku diet yang baik dengan meningkatkan jenis makanan sayuran dan buah yang mengandung tinggi serat dan mengurangi makanan berlemak supaya tekanan darah dapat terkontrol.

Kata kunci: Hipertensi, Diet, Pandemi COVID-19

ABSTRACT**DIETARY BEHAVIOR IN PEOPLE WITH HYPERTENSION DURING
THE COVID-19 PANDEMIC AT TANAH KALI KEDINDING PUBLIC
HEALTH CENTER SURABAYA**

By : Mega Putri Saidah

Hypertension is a condition in which a person experiences an above-normal increase in blood pressure. Restrictions on outdoor activities implemented during the COVID-19 pandemic led to changes in people's lifestyles in the form of changes in dietary behavior. Good dietary behavior can stabilize blood pressure. The purpose of this study is to find out the behavior of diet in people with hypertension during the COVID-19 Pandemic at the Tanah Kali Kedinding Public Health Center Surabaya.

The type of research used is descriptive research. The population of this study was 748 hypertensive clients. Many samples of 45 clients and research variables include client characteristics, types, and frequency of client food hypertension. This study uses purposive sampling techniques. Data collection with the modified Food Frequency Questionnaire (FFQ) questionnaire.

This study found that almost half of hypertensive clients are aged 45-59 years (48.9%), mostly female (66.7%), and have a stage 2 hypertensive blood pressure category (71.1%). The types of foods consumed by hypertensive clients mostly contain good salt (73.3%), excess categorized fats (55.6%), and fiber in less category (73.3%) during the COVID-19 pandemic. The frequency of food consumed by hypertensive clients is almost entirely sufficient (77.8%), a small portion is well categorized (17.8%) and less (4.4%) during the COVID-19 pandemic.

Patients with hypertension should perform good dietary behavior by increasing the types of foods and fruits that contain fiber and reducing fatty foods so that blood pressure can be controlled.

Keywords : Hypertension, Diet, COVID-19 Pandemic