

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN POLA MAKAN PADA
PENDERITA HIPERTENSI DI DESA WANGA AMONGENA KECAMATAN
MOTOLING TIMUR KABUPATEN MINAHASA SELATAN**

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Abstrak

Latar Belakang : Hipertensi atau penyakit tekanan darah tinggi merupakan salah satu penyakit yang sering dialami banyak orang pada umumnya dan menurut WHO Hipertensi adalah dimana kondisi pembuluh darah memiliki tekanan tinggi dan tekanan darah sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg yang menetap. Berdasarkan fakta bahwa masih banyak masyarakat yang penderita hipertensi yang pola makan tidak sehat berdasarkan data yang didapatkan 83,8% (n=67) dan tingkat pengetahuan masyarakat sangat baik yaitu 97,5% (n=78). Diharapkan dengan tingkat pengetahuan baik dan persepsi Manfaat, persepsi Hambatan membantu mengatasi masalah pada masyarakat penderita Hipertensi tentang pola makan dan kebiasaan sehari-hari.

Tujuan : Penelitian ini bertujuan untuk mengetahui Hubungan Tingkat Pengetahuan masyarakat, persepsi manfaat, persepsi hambatan dengan Pola Makan Pada Penderita Hipertensi di Desa Wanga Amongena Kecamatan Motoling Timur.

Metode : Penelitian ini menggunakan penelitian kuantitatif dengan desain penelitian *cross sectional*. Lokasi penelitian dilaksanakan di Desa Wanga Amongena Kecamatan Motoling Timur Kabupaten Minahasa Selatan, dengan populasi 352 pengambilan sampel menggunakan *Lemesow* sebanyak 187 tetapi sampel yang didapatkan 80 karena masalah pandemi covid-19

Hasil : Hasil analisis data yang di peroleh Tingkat pengetahuan dengan Pola Makan nilai p -value sebesar 1.000 nilai signifikan $\alpha = 0,05$, Persepsi Manfaat p -value 0.300 nilai signifikan $\alpha = 0,05$, Persepsi Hambatan p -value 0.966 nilai signifikan $\alpha = 0,05$.

Kesimpulan : Tidak terdapat hubungan yang signifikan antara Tingkat Pengetahuan dengan Pola Makan Penderita Hipertensi di Desa Wanga Amongena Kecamatan Motoling Timur, Tidak ada hubungan yang signifikan antara Persepsi Manfaat dengan Pola Makan Penderita Hipertensi di Desa Wanga Amongena Kecamatan Motoling Timur, Tidak ada hubungan yang signifikan antara Persepsi Hambatan dengan Pola Makan Penderita Hipertensi di Desa Wanga Amongena Kecamatan Motoling Timur.

Kata Kunci : Perilaku Makan, Tingkat Pengetahuan, Persepsi Manfaat Persepsi Hambatan.

Kepustakaan : 2 Buku, 3 Website Resmi, 19 Jurnal

**FACTORS RELATED TO EATING PATTERN ON HYPERTENSIVE
PEOPLE AT WANGA AMONGENA VILLAGE EAST MOTOLING
SUB-DISTRICT SOUTH MINAHASA DISTRICT**

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Abstract

Background: Hypertension or high blood pressure is one of the diseases that experienced by people in general and according to WHO hypertension is a condition where the blood vessels have high pressure and systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg that remains the same. Based on the fact that there are plenty of hypertension sufferers with unhealthy eating pattern based on the obtained data which is 83.8% (n=67) and good knowledge level of the public which is 97.5% (n=78). It is expected that with good knowledge level and benefits perception, limitations perception help in intervening the problems of hypertensive sufferers regarding eating pattern and daily habits.

Objective: This research aimed to determine the relationship of public knowledge level, benefits perception, limitations perception with eating pattern on hypertensive people at Wanga Amongena Village, East Motoling Sub-district.

Method: This research used quantitative design with cross sectional research design. Location of this research was conducted at Wanga Amongena Village, East Motoling Sub-district, South Minahasa District, with the population of 352 samples were gathered using Lemeshow as many as 187 however it was obtained 80 samples only due to the pandemic of Covid-19.

Result: Data analysis result obtained the knowledge level with eating pattern p-value of 1.000 significant value $\alpha = 0.05$, Benefits perception p-value 0.300 significant value $\alpha = 0.05$, Limitations perception p-value 0.966 significant value $\alpha = 0.05$.

Conclusion: There was no significant relationship between knowledge level and eating pattern on Hypertensive people at Wanga Amongena Village, East Motoling Sub-district, South Minahasa District, there was no significant relationship between Benefits perception and eating pattern on Hypertensive people at Wanga Amongena Village, East Motoling Sub-district, South Minahasa District, there was no significant relationship between Limitation perception and Eating pattern on Hypertensive people at Wanga Amongena Village, East Motoling Sub-district, South Minahasa District.

Keywords: Eating Behavior. Knowledge level, Benefits perception, Limitation perception.

Literature: 2 Books, 3 Official Websites, 19 Journals

This translation has been checked and
proven accurate.

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