

The Relationship Between Knowledge and Long Suffering from Hypertension with Low-Salt Diet Control for Hypertension Patients at the Antang Makassar Health Centre

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ABSTRACT

Hypertension at a young age should not be underestimated because of its increasing prevalence so it is necessary to do prevention early, especially related to low-salt diet control. Public knowledge about a low-salt diet to lower blood pressure is still minimal even though a low-salt diet is very necessary because high salt intake can be detrimental to health, especially in the cardiovascular system. Purpose: The purpose of this study was to know the relationship between knowledge and duration of suffering from hypertension with low-salt diet control in patients with hypertension in the Working Area of Antang Health Center Makassar City. This study used quantitative research methods with a cross sectional study research design.

Sampling using purposive sampling with the number of samples obtained as many as 50 respondents. Data were collected using knowledge, long suffering, and low-salt diet control questionnaires. Data analysis using SPSS 24 with chi square statistical test found a relationship between knowledge of low-salt diet control with a value of $p=0.001 < \alpha=0.05$, and no relationship between the length of suffering from hypertension to low-salt diet control with a value of $p=0.000 < \alpha=0.48$. The conclusion in this study is that there is a relationship between knowledge and low-salt diet control in hypertensive patients and there is no relationship between long suffering from hypertension and low-salt diet control at Antang Health Center Makassar City. It is expected that people with hypertension can control a low-salt diet as one way to prevent an

increase in blood pressure. For nurses, it is expected to provide information or health education about low-salt diet control in people with hypertension.

Keywords: Hypertension, Knowledge, long suffering from hypertension, Low Salt Diet Control

INTRODUCTION

Hypertension is one of the disease most often felt by the community, but 95% of signs and symptoms that are not clear about the high prevalence of hypertension sufferers worldwide are increasing, hypertension is still a fairly big problem, with 25.8% of the population aged ≥ 18 years suffering from hypertension (Tirtasari & Kodim, 2019). It was found that the prevalence of hypertension in young adults was 13.59%. With the division of age groups, in the age group 18-24 years (7.35%), 25-34 years (10.41%), 35-44 years (21.35%). Hypertension at a young age should not be underestimated because of its increasing prevalence, so it is necessary to do prevention early. Based on data from Riskesdas (basic Health Research) in 2018 the prevalence of hypertension through measurement results in South Sulawesi Province was 31.68% and highest in Soppeng district, which is 42.57% (Ministry of Health, 2018). Hypertension disease can be a big problem if it causes complication, such as stroke, heart attack,

kidney failure and so on. Hypertension cannot be cured. However, people with hypertension can have a normal quality of life by controlling hypertension factors that can be changed and using antihypertension drugs (Annisa,2022). Public knowledge about a low salt diet to reduce hypertension is still minimal. This can lead to recurrent hypertension events (Kusumaningsih & Nismawati, 2021). A low salt diet is recommended for hypertension patients, but some health workers are still hesitant regarding the effect of a low salt diet that lowers blood pressure (Mapangerang et al.,2018). A low salt diet for patient with severe hypertension is recommended 200-400mg Na/day, for moderately hypertension patient it is recommended 600-800 mg Na/day, for patient with mild hypertension it is recommended 1000-1200 mh Na/day. People with hypertension must be with knowledge and good low salt diet attitude (kusumaningsih & Nismawati, 2021)

MATERIALS & METHODS

The type of research used is quantitative research with a cross sectional study design, which is a type of observational research by analyzing variable data collected at one point in the time certain. The population in this study was 192 respondents with purposive sampling that the inclusion criteria obtained by 50 respondents. Univariate analysis includes each of the study variables. The bivariate analysis uses the Chi-Square statistical test.

RESULT

The results of the study included univariate and bivariate analyses.

Based on table 1.1, it is known that the characteristics of respondents in terms of age are mostly aged > 60 years as many as 33 people, most of the female sex as many as 30 people, the last education is mostly in universities as many as 20 people (40%), in jobs mostly in other categories as many as 24 people (48%), respondents who take antihypertensive drugs as many as 49 people (98%), A large number of respondents were

highly informed as many as 42 people (84%), as many as 27 people (54%) who suffered from hypertension for less than 10 years, and there were 40 people (80%) who controlled their low-salt diet.

1. Univariate Analysis

Table 1.1

| Characteristic | n | % |
|---------------------------------------|----|----|
| Age | | |
| 19-40 years | 1 | 2 |
| 40-60 years | 16 | 32 |
| >60 years | 33 | 66 |
| Gender | | |
| Woman | 30 | 60 |
| Man | 20 | 40 |
| Education | | |
| SD/ equivalent | 11 | 22 |
| Junior High School/equivalent | 2 | 4 |
| High school/equivalent | 15 | 30 |
| PT | 20 | 40 |
| Miscellaneous | 2 | 4 |
| Work | | |
| Not working | 17 | 34 |
| Civil Servants | 2 | 4 |
| Private Employees | 1 | 2 |
| Self employed | 6 | 12 |
| Miscellaneous | 24 | 48 |
| Consumption of Antihypertensive Drugs | | |
| Yes | 49 | 98 |
| Not | 1 | 2 |
| Knowledge | | |
| Tall | 42 | 84 |
| Low | 8 | 16 |
| Long Suffering from hypertension | | |
| Only < 10 years old | 27 | 54 |
| Lam > 10 years | 23 | 46 |
| Low Salt Diet Control | | |
| Controlled | 40 | 80 |
| Uncontrolled | 10 | 20 |

2. Bivariate Analysis

Table 2.1 Relationship between knowledge and low-salt diet control

| Knowledge | Control a low-salt diet | | | | Sum | | p |
|-----------|-------------------------|------|--------------|------|-----|-----|------|
| | Controlled | | Uncontrolled | | n | % | |
| Tall | n | % | n | % | n | % | 0.05 |
| Low | 37 | 88.1 | 5 | 11.9 | 42 | 100 | |
| Total | 3 | 37.5 | 5 | 62.5 | 8 | 100 | |
| | 40 | 80 | 10 | 20 | 50 | 100 | |

Based on table 2.1 shows the results of bivariate analysis between knowledge and control of low-salt diet with Chi-Square test showing a value of $p = 0.05$. The interpretation of H_0 rejected means that there is a relationship between knowledge of low-salt diet control in people with hypertension.

Table 2.2 The relationship between long suffering from hypertension and low-salt diet control

| Long suffering | Low salt diet control | | | | Sum | | p |
|----------------|-----------------------|------|--------------|------|-----|-----|------|
| | Controlled | | Uncontrolled | | n | % | |
| Old | n | % | n | % | n | % | 0.48 |
| New | 17 | 73,9 | 6 | 26,2 | 42 | 100 | |
| Total | 23 | 85,3 | 4 | 14,8 | 8 | 100 | |
| | 40 | 80 | 10 | 20 | 50 | 100 | |

Based on table 2.2 shows the results of bivariate analysis between long suffering from hypertension with low-salt diet control with Chi-Square analysis test value $p = 0.48$. The accepted interpretation of H_0 means that there is no association between the duration of suffering from hypertension and the control of a low-salt diet in people with hypertension

DISCUSSION

Knowledge of hypertension is one of the success factors in controlling blood pressure. Knowledge can be obtained through counseling and counseling to sufferers. The higher the knowledge about hypertension will affect the way a person takes care of himself so that blood pressure remains controlled and vice versa the low knowledge will have an impact on the attitude and behavior of a person caring for himself (Palimbong et al, 2018)

From the results of this study, 37 respondents were found to have high knowledge and were able to control their low-salt diet, while there were 5 respondents with low knowledge but able to control a low-salt diet. While low knowledge but able to control a low-salt diet as many as 3 respondents, on the contrary there were 5 respondents who were low knowledge and not controlled low-salt diet. With the results of the analysis test stated that there is a relationship between knowledge of low-salt diet control in patients with hypertension.

The results of this study are in line with Darmarani's research, 2018 states that the elderly suffering from hypertension who have good knowledge are more obedient in implementing an antihypertensive diet, besides that economic factors also contribute to determining compliance with controlling low-salt diets.

Providing good education will be able to increase the knowledge of people with hypertension about early detection of the disease and through the implementation of the application of nutritional management and diet therapy can reduce the symptoms of hypertension. The principle of diet in

patients with hypertension is the consumption of diverse foods and balanced nutrition, the type and composition of food is adjusted to the patient's condition, the amount of salt is limited according to the patient's health. To prevent and control hypertension, there are several things that can be controlled, including excess weight, physical activity, smoking and nutritional intake (Taqiyah et al, 2021).

Determination of attitude in controlling low-salt diet also has an effect. Attitude to want to heal and desire to keep the body condition healthy.

A study states an initial assessment of attitudes, states agreeing to behave healthy through a low-salt diet and knowing the impact of excess salt in food. However, the time span of suffering from hypertension or the duration of suffering from hypertension did not have a significant relationship with low-salt diet control.

The results of this study showed no association between long suffering and low-salt diet control. Statistically, the Chi-Square analysis test $p = 0.48$ was obtained. Based on the analysis of questionnaires that respondents had filled out when the study was obtained, some respondents who had suffered from hypertension for more than 10 years said that saturation began to appear in controlling their daily salt consumption. They no longer adhere to the recommendation of salt consumption as much as 1 teaspoon of salt for a day. However, they still routinely consume antihypertensive drugs.

CONCLUSION

Based on the results of the research, it can be concluded, namely:

1. There is a relationship between knowledge and low-salt diet control in people with hypertension
2. There is no association between long suffering from hypertension and low-salt diet control in people with hypertension

Declaration by Authors

Ethical Approval: Approved

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