

**Program Studi Ilmu Keperawatan
Fakultas Kedokteran
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ABSTRAK

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Pengalaman Pasien Hipertensi Terkontrol dalam Pengaturan Diet Hipertensi di Puskesmas Srandol Kecamatan Banyumanik Kota Semarang

(xix + 88 halaman + 7 tabel + 2 gambar + 7 lampiran)

Pengalaman pasien hipertensi dalam menjalankan diet hipertensi bukan merupakan hal yang mudah hingga dapat mengontrol peningkatan tekanan darah dan menjadi hipertensi terkontrol. Tujuan dari penelitian ini adalah untuk mendeskripsikan tentang pengalaman dan makna pasien hipertensi terkontrol dalam pengaturan diet hipertensi di Puskesmas Srandol Kecamatan Banyumanik Kota Semarang. Penelitian ini menggunakan metode penelitian kualitatif dengan *in-depth interview* dan pendekatan fenomenologis. Teknik pengambilan sampel dengan menggunakan metode *purposive sampling* dan jumlah informan sebanyak tiga pasien hipertensi terkontrol. Hasil penelitian menunjukkan bahwa pengetahuan pasien tentang hipertensi ditunjukkan dengan pernyataan tekanan darah yang tinggi daripada tekanan darah normal. Pelaksanaan diet hipertensi pada pasien hipertensi terkontrol yaitu diet rendah garam dan diet rendah kolesterol. Kepatuhan pasien hipertensi terkontrol dalam menjalankan diet hipertensi berasal dari dalam diri sendiri, dari keluarga dan dari keduanya. Hambatan yang dihadapi selama menjalankan diet hipertensi yaitu banyaknya hambatan dari luar pasien. Pola dukungan terhadap pelaksanaan diet hipertensi dari keluarga, dokter, perawat maupun tetangga. Cara mengatasi hambatan selama menjalani diet hipertensi dengan rutin kontrol tekanan darah dan melakukan perawatan hipertensi di rumah. Harapan pasien hipertensi terkontrol yaitu terus menjalankan diet hipertensi. Pasien hipertensi terkontrol dapat mengetahui jenis-jenis diet hipertensi selain diet rendah garam dan diet rendah kolesterol.

Kata kunci : pengalaman pasien, diet hipertensi, hipertensi terkontrol
Studi literatur : 31 (1996-2009)

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ABSTRACT

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**The Experience of Patient with Controlled Hypertension in Hypertension Dietary Management at Work Area of Public Health Center Sronдол Banyumanik Subdistrict Semarang Regency
(xix + 88 pages + 7 tables + 2 pictures + 7 appendixes)**

Hypertension patient experience in regulating hypertension dietary is not an easy thing to be able to control the increase of blood pressure and being controlled hypertension. The purpose of the research was to describe the experience and meaning of patient with controlled hypertension in hypertension dietary management at work area of Public Health Center Sronдол Banyumanik Subdistrict Semarang Regency. This study represented a qualitative research method with in-depth interview and phenomenological approach. The sampling technique used purposive sampling method and number of informants in three patients with controlled hypertension. Result of this research indicated that patient knowledge about hypertension showed by the statement that high blood pressure than normal blood pressure. Implementation of hypertension dietary in patient with controlled hypertension was low salt diet and low cholesterol diet. Compliance patient with controlled hypertension was come from themselves, from families and combine from themselves and families. The retards appeared during hypertension dietary management was retard from external patient. Support of patient with controlled hypertension was by giving from family, doctor, nurse and neighbor. How to overcome the retards that emerged during hypertension dietary management was with regular blood pressure control and hypertension treatment at home. Patient with controlled hypertension have a wish to continued hypertension dietary management. Patient with controlled hypertension can know the types of dietary hypertension in addition to low salt diet and low cholesterol diet.

Keywords : patient experience, hypertension dietary, controlled hypertension
Literature : 31 (1996-2009)