

ABSTRACT

CORRELATION AMONG KNOWLEDGE AND ATTITUDE WITH BEHAVIOR OF A LESS SALT DIET ON HYPERTENSION AT PUSKESMAS BUMIDAYA, PALAS SUBDISTRICT, SOUTH LAMPUNG

By

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Hypertension is one of the main risk of heart disease, blood vessels and early death. One of the solutions to cope with it is diet. Unfortunately, a lot of patients are disobedient due to their lack of knowledge. The purpose of this research is to investigate the level of knowledge and attitude toward behavior on a less salt diet of hypertension at Puskesmas Budidaya, Palas Subdistrict, South Lampung. The method of this research was analytical by cross sectional approach. This research was conducted on October 2014 until January 2015. The sample were taken by using simple random sampling where there were 158 people included from the total number of both new and old hypertension patients treated at Puskesmas Bumidaya on August 2014 based on medical record. The statistical analysis used was double logistic regression. The result of the research showed 38,8% of respondents with less knowledge, 65,5% of respondents with low attitude, and 54% of respondents have an inappropriate behavior on less salt diet. It was concluded from the research that there was a meaningful correlation among level of knowledge ($p=0,0001$) and attitude ($p=0,0001$) toward less salt diet behavior on patients with hypertension at Puskesmas Bumidaya, Palas Subdistrict, South Lampung.

Key word: attitude, behavior, hypertension, knowledge.