

**THE RELATIONSHIP OF DIET AND COMPLIANCE WITH  
MEDICATION WITH CONTROLLED BLOOD PRESSURE IN  
HYPERTENSION PATIENTS AT THE BASIRIH BARU  
BANJARMASIN HEALTH CENTER, 2024**

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**ABSTRACT**

**Background :** Hypertension is a medical condition in which blood pressure in the arteries is always high, characterized by an increase in systolic blood pressure >140 mmHg and diastolic >90 mmHg. Hypertension cannot be cured, but it can be controlled. One way to control hypertension is to change your lifestyle, especially adjusting your diet and taking anti-hypertension medication regularly.

**Research Objective :** To determine the relationship between diet and adherence to taking medication with controlled blood pressure in hypertension sufferers at the Basirih Baru Community Health Center, Banjarmasin.

**Method :** Correlational research design with a cross sectional approach, data collection using a purposive sampling method. The research sample was hypertension sufferers in the Basirih Baru Community Health Center area with a total of 86 respondents. Data collection uses questionnaires, sphygmomanometers and observation sheets. Data analysis using the Spearman Rank test.

**Result :** The majority of respondents in this study found that their diet was good, 53 people (61.6%), 61 people (70.9%) adhered to taking medication, 59 people (68.6%) had controlled blood pressure. Statistical tests showed that there was no relationship between diet and controlled blood pressure (p-value = 0.769), there was a relationship between adherence to taking medication and controlled blood pressure in hypertension sufferers at the Basirih Baru Community Health Center, Banjarmasin (p-value = 0.000)

**Conclusion :** There is no relationship between diet and controlled blood pressure, but there is a relationship between adherence to taking medication and controlled blood pressure in hypertension sufferers at the Basirih Baru Community Health Center, Banjarmasin. However, diet is a risk factor that can affect blood pressure control.

**Keyword : Compliance with Medication, Diet, Blood Pressure Control**

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**HUBUNGAN POLA MAKAN DAN KEPATUHAN MINUM OBAT  
DENGAN TERKONTROLNYA TEKANAN DARAH PADA PENDERITA  
HIPERTENSI DI PUSKESMAS BASIRIH BARU BANJARMASIN  
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**INTISARI**

**Latar Belakang :** Hipertensi merupakan kondisi medis di mana tekanan darah dalam arteri selalu tinggi, ditandai dengan peningkatan tekanan darah sistolik >140 mmHg dan diastolik >90 mmHg. Hipertensi tidak dapat disembuhkan, tetapi dapat dikendalikan. Salah satu cara untuk mengontrol hipertensi adalah dengan mengubah gaya hidup, terutama pengaturan pola makan dan minum obat anti hipertensi secara teratur.

**Tujuan Penelitian :** Mengetahui hubungan pola makan dan kepatuhan minum obat dengan terkontrolnya tekanan darah pada penderita hipertensi di Puskesmas Basirih Baru Banjarmasin

**Metode :** Rancangan penelitian korelasional dengan pendekatan *cross sectional*, pengambilan data dengan metode *purposive sampling*. Sampel penelitian yaitu penderita hipertensi di wilayah Puskesmas Basirih Baru dengan jumlah 86 responden. Pengumpulan data menggunakan kuesioner, tensimeter dan lembar observasi. Analisa data melalui uji *Spearman Rank*.

**Hasil :** Mayoritas pada penelitian ini didapatkan pola makan responden baik sebanyak 53 orang (61,6%), patuh minum obat 61 orang (70,9%), tekanan darah terkontrol 59 orang (68,6%). Uji statistik didapatkan tidak ada hubungan antara pola makan dengan terkontrolnya tekanan darah (*p-value* =0,769), ada hubungan antara kepatuhan minum obat dengan terkontrolnya tekanan darah pada penderita hipertensi di Puskesmas Basirih Baru Banjarmasin (*p-value*=0,000)

**Kesimpulan :** Tidak ada hubungan antara pola makan dengan terkontrolnya tekanan darah, tetapi ada hubungan antara kepatuhan minum obat dengan terkontrolnya tekanan darah pada penderita hipertensi di Puskesmas Basirih Baru Banjarmasin. Namun pola makan adalah fakto risiko yang dapat mempengaruhi terkontrolnya tekanan darah.

**Kata Kunci :** Kepatuhan Minum Obat, Pola Makan, Terkontrolnya Tekanan Darah

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