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**ABSTRACT**

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***THE EFFECT OF DASH (DIETARY APPROACHES TO STOP HYPERTENSION) DIET EDUCATION USING LECTURES AND LEAFLET MEDIA ON DIET COMPLIANCE AMONG HYPERTENSION PATIENTS***

*Hypertension that persisted over a long period triggered cardiovascular diseases, in which a major cause of death in the world. The implementation of the DASH diet has demonstrated efficacy in reducing blood pressure among individuals with hypertension. The aim of this research was to determine the influence of DASH diet education using lectures and leaflets on dietary compliance among hypertensive patients at the Puspaindah Posbindu in Kahuripan Village, Tawang District, Tasikmalaya City. This study was conducted through a quasi-experimental approach using one-group pre-test post-test design without a control group. The sampling in this study used the purposive sampling technique in selecting the research location. The chosen research site was a community health post (Posbindu) with the highest number of hypertension patients in the working area of Kahuripan Community Health Center.. The research sample consisted of 47 individuals. The data was analyzed by the Wilcoxon test with a significance level of 5%. The result showed that there was an influence of DASH diet education using lectures and leaflets on dietary compliance in hypertensive patients ( $p=0.000$ ) at the Puspaindah Posbindu in Kahuripan Village, Tawang District, Tasikmalaya City in 2023. It is recommended that Puspaindah Posbindu always remind hypertension sufferers about the importance of following the DASH diet.*

**Keywords :** *Hypertension, DASH diet, dietary compliance.*