

ABSTRACT

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***THE EFFECT OF VIDEO MEDIA ON THE PRACTICE OF DASH DIET
(DIETARY APPROACHES TO STOP HYPERTENSION) IN PATIENTS
WITH HYPERTENSION***

(Study at Posbindu Muslimah Nagarasari Village Cipedes District Tasikmalaya City)

DASH diet (Dietary Approaches to Stop Hypertension) is a lifestyle change recommended by JNC 7. The Tasikmalaya City Health Office recorded hypertension patients in 2022 in Tasikmalaya city as many as 19,754 cases. Cigeureung Health Center is one of the health centers with the highest number of hypertension cases in 2022 with 3,229 cases. The purpose of this study was to determine the effect of video media on hypertension patients in Posbindu Muslimah, Nagarasari Village, Cipedes District, Tasikmalaya City. The sampling technique in this study used purposive sampling with a population of 53 people with hypertension with a sample of 22 people. This type of research is a quasy experiment with a one group pretest and posttest design. Data analysis using the Wilcoxon Signed Rank Test. Based on the results of the study, the average pre-test score was 68.14 and the average post-test score was 94.23. The statistical test results show that there is an effect of video media on the practice of the DASH diet (Dietary Approaches to Stop Hypertension) of respondents with a p value of 0.000 ($p < 0.05$). It is expected that Posbindu can provide health education or information about controlling hypertension with the DASH diet routinely through the provision of video media that can attract the attention and provide public understanding.

Keywords: Video, Hypertension, DASH Diet, Practice