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Knowledge and Behavior of Hypertension Diet: A Case Study of Preventing Chronic Kidney Disease in Adolescents

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Case Study: Hypertension is one of the most common causes of chronic kidney disease. It often appears without symptoms so it is called a silent killer. Its prevalence is high throughout the world. Recently, more than a quarter of the world's population suffer from hypertension and based on some research data, hypertension accounts for about 50 percent of CKD. This study aims to determine the overview of hypertension dietary knowledge and behavior that may cause CKD in adolescents. The research was quantitative by using descriptive analytic research design. The instrument to measure hypertension dietary knowledge was a questionnaire consisted of 18 questions, covered general knowledge and issues as well as triggering factors for instance, consumption of foods or beverages with high sodium, sugar, and saturated fat. Further, behavior variable was measured by questionnaire, consisted of 20 questions, covered habits and activities in consuming foods and beverages that cause hypertension. It used Likert scale with the score value of always = 3, often = 2, sometimes = 1, never = 0. If the statement was negative, then the researcher conducted inverse value. The study involved 24 adolescents as the respondents with age of 17-21 years-old. The majority of sample was 19 years old of 42% from the total samples. Most of the samples, 54% of adolescents have insufficient hypertension knowledge. More than half (70%) of adolescents have sufficient hypertension dietary behavior. In addition, there are 21% of adolescents who have poor knowledge and hypertension dietary behavior. It means that one from five adolescents has poor hypertension dietary knowledge and behavior. It is necessary to educate them about the importance of understanding and performing hypertension prevention habits to prevent CKD.

HIPERTENTION DIETARY KNOWLEDGE AND BEHAVIOR IN ADOLESCENTS

