**RELATIONSHIP OF KNOWLEDGE ABOUT**

**HEALTHY DIET PATTERNS WITH HYPERTENSION**

**IN THE ELDERLY**

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**ABSTRACT**

Hypertension is the biggest health problem in the world, almost one billion people in the world suffer from hypertension, and 2/3 of them are in developing countries. The number of elderly in Indonesia is almost 12% or around 29 million Indonesians are categorized as elderly. The diet of the elderly in RW 33, Melong, South Cimahi is 60% less implementing a healthy diet, and in that area several elderly people suffer from hypertension. This research is a correlation study of two non-normally distributed numeric data variables using a cross-sectional approach. The number of samples is a total sampling of 38 elderly people. The results of the study showed that the average respondent's knowledge was 63.42, the average respondent's systole was 138.95 mmHg. The Spearman test results obtained a correlation of -0.330, meaning that the strength of the relationship between the variables was moderate. p value 0.043 <0.05 means that there is a relationship between knowledge and elderly systolic blood pressure. The contribution of the knowledge variable to systolic blood pressure is 10.89%, meaning that knowledge contributes to systolic blood pressure by 10.89%, or 89.11% is determined by other variables. Based on the results of this study, it is recommended to provide counseling on the importance of a good diet to prevent elderly hypertension

Keywords: Knowledge, Diet, Systole, Spearman