

## ***ABSTRACT***

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The Overview of Hypertension Elderly Knowledge about Ambon Banana Consumption at Panti Sosial Lansia Harapan Kita Palembang

### **SKRIPSI**

**PROGRAM STUDI ILMU KEPERAWATAN DAN NERS**

**FAKULTAS ILMU KESEHATAN**

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**Background** : Hypertension is defined as systolic blood pressure > 140 mmHg and diastolic blood pressure > 90 mmHg. The used of antihypertensive drugs is currently the treatment to overcome this problem. One of the solution can reduced high blood pressure is Ambon banana with the potassium content approximately 300mg / 100g.

**Aim of the research** : To know about The Overview of Hypertension Elderly Knowledge about Ambon Banana Consumption at Panti Sosial Lansia Harapan Kita Palembang.

**Method** : This research is quantitative with descriptive survey. The population in this study were all hypertensive elderly treated at the Panti Sosial Lansia Harapan Kita Palembang. Sampling using a total sampling technique with a total sample of 30 elderly.

**Results** : The results of this study founded good knowledge of hypertensive elderly about the consumption of ambon bananas was 18 respondents (60%), low hypertension elderly knowledge of 12 respondents (40%), the elderly who never consumed ambon bananas in 1 week was 20 elderly (66.7%), rarely consumed 4 elderly people (13.3%), often consumed ambon banana as many as 4 elderly people (13.3%) and very often consuming only 2 elderly people (6.7%).

**Keywords** : *Knowledge, Elderly, Hypertension, Ambon Banana*