

ABSTRACT

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Effect of Healthy with Education Lecture Benefits With Red dragon fruit (*Hylocereuscostaricansis*) For Against Hypertension Prevention Society Knowledge Level Age 30-45 Years 2015 RT 08 Sukarami Palembang.

SKRIPSI

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(xvi + 52 page + 9 table + 4 pictures + 12 appendix)

Hypertension is a persistent blood pressure or continuously so as to exceed the normal limits where the systolic blood pressure above 140 mmHg and diastolic blood pressure above 90 mmHg, Hypertension is a cause of death nearly eight (8) million people every year around the world and nearly 1.5 million people each in Southeast Asia. The increasing incidence of hypertension in today's society, which became one of the most influential causes was the lack of knowledge of the community to prevent and implement a healthy lifestyle. The purpose of this study was to determine the effect of healthy with education at lectures benefits red dragon fruit (*Hylocereus costaricansis*) as prevention of hypertension on the level of public knowledge of age 30-45 years old at RT 08 Sukarami Palembang. This study used a pre-experimental design with one group pretest-posttest and the sample consisted of 50 respondents aged 30-45 years old. The technique sampling was Random sampling. The Test statistic was used Wilcoxon test. Results of this study found an average of 2.24 knowledge pretest and posttest knowledge average of 2.76. From the results obtained Wilcoxon test p-value 0.001 <0.05 means that there is an influence of health education with lectures benefits of the red dragon fruit (*Hylocereuscostaricansis*) as a precaution against the level of knowledge society hypertension aged 30-45 years old at RT 08 Sukarami Palembang. It was expected to Puskesmas Sukarami Palembang to improve further this program at healthyeducation prevention of hypertension.

Bibliography : 2012-2014