

# Hubungan Kepatuhan Ketofastosis dengan Nilai Tekanan Darah Pada Pengidap Hipertensi = The Relationship Between Ketofastosis Compliance With a Blood Pressure in People With Hypertension

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## Abstrak

Latar belakang: Hipertensi merupakan penyakit kardiovaskuler yang memerlukan terapi baik farmakologis ataupun non farmakologis. Terapi farmakologis dapat diberikan obat-obat antihipertensi, sedangkan terapi non farmakologis dapat diberikan dengan upaya perubahan gaya hidup melalui pilar ketofastosis yaitu intermittent fasting, moving, relaxing, feeding, dan sleeping. Tujuan: Untuk mengidentifikasi hubungan kepatuhan menjalani gaya hidup ketofastosis dengan nilai tekanan darah pada pengidap hipertensi. Metode: Penelitian dilakukan dengan menggunakan metode kuantitatif dan desain analitik observasional melalui pendekatan potong lintang atau cross sectional. Pengambilan sampel menggunakan teknik purposive sampling diperoleh sebanyak 95 responden yang menjalani gaya hidup ketofastosis. Instrumen yang digunakan adalah kuesioner. Hasil uji validitas dan reliabilitas dengan nilai 0,363-0,922 dan Cronbach Alpha 0,845-0,939. Hasil: Hasil uji statistik didapatkan adanya hubungan yang signifikan pada responden yang patuh menjalani ketofastosis dan responden yang tidak patuh menjalani ketofastosis dengan tekanan darah sistolik (p-value = 0,008) dan tekanan darah diastolik (p-value = 0,000) dan pada uji multivariat menunjukkan bahwa ada hubungan kepatuhan menjalani ketofastosis dengan tekanan darah sistolik (p-value = 0,031 < 0,05) dan tekanan darah diastolik yang signifikan (p-value = 0,000 < 0,05). Simpulan: Terdapat hubungan signifikan kepatuhan menjalani ketofastosis dengan tekanan darah (sistolik dan diastolik) setelah dikontrol oleh variabel perancu seperti usia, jenis kelamin, pendidikan, pekerjaan, lama menjalani ketofastosis, minum obat hipertensi, dan dukungan keluarga.

.....Background: Hypertension is a cardiovascular disease that requires both pharmacological and non-pharmacological therapy. Pharmacological therapy can be given antihypertensive drugs, while non-pharmacological therapy can be given by lifestyle changes through the pillars of ketofastosis, namely intermittent fasting, moving, relaxing, feeding, and sleeping. Objective: To identify the relationship between the level of adherence to a ketofastosis lifestyle and blood pressure scores in hypertensive patients. Methods: The study was conducted using a quantitative research method with an observational analytical research design through a cross-sectional approach. A purposive sampling technique was used and identified 95 respondents who underwent a ketofastosis lifestyle. The instrument used was a questionnaire with the results of the validity and reliability test was a value of 0.363-0.922 and Cronbach Alpha 0.845- 0.939. Results: The results of the statistical test showed that there is a significant relationship between respondents who adhered to ketofastosis and respondents who did not comply with ketofastosis with systolic blood pressure (p-value = 0.008) and diastolic blood pressure (p-value = 0.000) and in the multivariate test showed that the relationship between adherence to ketofastosis and systolic blood pressure (p-value = 0.031 < 0.05) and diastolic blood pressure (p-value = 0.000 < 0.05). Conclusion: There is a significant relationship between compliance with ketofastosis and blood pressure (systolic and diastolic) after controlling for confounding variables such as age, gender, education, employment, length of time undergoing ketofastosis, taking hypertension medication, and family support.