

Eating Habits of Hypertension Patients in The Work Area of Pallangga Public Health Center Gowa Regency

Wida Minarti¹, Suriah², Muhammad Syafar², Sudirman Natsir², Lalu Muhammad Saleh³, Muh Yahya⁴

¹Master Program in the Department of Health Administration and Policy, Faculty of Public Health, Hasanuddin University, Indonesia

²Department of Health Promotion and Behavioral Science, Faculty of Public Health, Hasanuddin University, Indonesia

³Department of Occupational Health and Safety, Faculty of Public Health, Hasanuddin University, Indonesia

⁴Department of Anthropology, Faculty of Social and Political Sciences, Hasanuddin University, Indonesia
Email: widaminarti801@gmail.com

Abstract

Hypertension is the silent disease, because people do not know that they have hypertension before checking their blood pressure, the number of cases in 2020 is 1,218 cases, and in 2021 there are 1,757 cases of hypertension. This study aims to determine the eating habits that are thought, known, felt and eating habits that have changed, as well as eating habits that are still constant or maintained from time to time, on the incidence of hypertension in the work area of the Pallangga Health Center, Gowa Regency. This study uses a qualitative method with a rapid ethnographic approach. Interviews were conducted with 10 informants, and 2 key informants. Data collection techniques using in-depth interviews, observation and documentation. Data processing uses triangulation of data sources, theories and methods. The results showed that the eating habits of people with hypertension were thought to be eating two to three times a day, and consuming high carbohydrates. The known eating habits are fatty and salty foods, eating habits are felt which can cause back headaches so that the informants use herbal drinks. Eating habits change in people with hypertension, namely the frequency of food increases outside of eating hours and instant food. Consistent eating habits, namely pallu ce'la fish, and consumption of coconut milk are still the informants' eating habits to this day. Eating habits are one of the causes of hypertension, therefore health workers should improve health promotion and active informants check their health.

Keywords: Eating Habits, Hypertension, Patients

Introduction

Hypertension is the silent disease, because people do not know that they have hypertension before checking their blood pressure [1]. 1 billion people in the world suffer from hypertension, two-thirds of whom are in low- or middle-income developing countries [2].

Hypertension increases in people who eat fatty foods and cholesterol. In Basic Health Research (Risksedas) 2018, the national proportion of consumption behavior of fatty foods, cholesterol and fried foods 1 times per day is 40.7 percent (Ministry of Health, 2018).

Hypertension is one of the important factors as a trigger for non-communicable diseases such as heart disease, stroke and others. Diseases caused by hypertension are one of the highest causes of death in the world.

Data from the South Sulawesi Provincial Health Office in 2018 there were 229,720 cases, an increase in 2020 as many as 381,133 cases diagnosed with hypertension. Based on data from the Gowa District Health Office, in 2019 there were 33,721 people with hypertension. In addition, Gowa Regency is one of the areas that has the highest hypertension disease.

The health center that has the highest hypertension rate is at the Pallangga health center according to 2019 data, the number of sufferers is 17,093 people, who receive services as many as 1,867 people. Hypertension at the Pallangga Public Health Center had 602 male patients, 1,265 female patients, followed by DM (Diabetes mellitus) as many as 1,027 cases.

Observations and interviews were carried out twice, the first observation was carried out on January 14, 2022, to Community Health Center

officers regarding the incidence of hypertension in the work area of the Pallangga Community Health Center, after an interview with the Pallangga Community Health Center they explained the incidence of hypertension in the scope of their work area, the work area of the pallangga health center There are eight, namely four villages and four sub-districts including, Parang Banoa (96 cases), Tetebatu (214 cases), Pangka Binanga (235 cases), Janettallasa (290 cases), Bonto Ala (290 cases), Taeng (165 cases), Panakukang (342 cases), Mangngali (125 cases), the hypertension data is the result of recapitulation in 2021.

According to the PTM program holder, the high number of hypertension cases in their work area is caused by lifestyle and family history factors. This is related to the results of research by [3] which states that lifestyle is the front line for people with hypertension.

In 2020 the number of hypertension at the Pallangga Health Center in January was 153 people, increased in February by 230 people, and decreased in March by 152 people, in April, May June, July decreased due to the covid 19 pandemic, namely 118 people who checked himself at the Community Health Center (Puskesmas), in August and September there was an increase of 108 people and 147 people, in October, November, to December there was a decrease of 121, 99, and 90 people with hypertension, the number of cases in 2020 was 1,218 cases increased in 2021 as many as 1,757 cases of hypertension.

Hypertension increases with age, especially in systolic blood pressure while diastolic blood pressure only reaches the age of 55 years. During the Integrated Development Post (POSBINDU) visit, it was found that several patients had high blood pressure, the average being patients aged 30 years to the elderly.

The results of the 2018 Basic Health Research (Risikesdas), it is known that there are 3.17% of the population aged in Indonesia suffering from hypertension, a disease that is very much

experienced by the elderly with a prevalence of 55.2% is hypertension.

In addition to the age factor, family history is also an aspect that is very influential on the incidence of hypertension, the results of observations obtained that hypertensive patients have a family history of hypertension.

Methods

This type of research uses qualitative methods. with a rapid ethnographic approach carried out at the Pallangga Health Center, Gowa Regency. Informants who are used as data sources in this study are based on the principle of subjects suffering from hypertension and are willing to provide complete and accurate information.

Key informants consist of two people, namely employees of Puskesmas (Community Health Center) holding PTM (Non-Communicable Diseases), Cadre. While the informants are people who are in the Pallangga Health Center, Gowa Regency who suffer from hypertension found in the research area which is thought to be able to provide information about the problem being studied.

The sampling technique is snowball sampling. The instruments used were interview guides and notes, cameras, cell phones, and ballpoint pens. Data collection techniques used in this study were in-depth interview techniques, observation techniques and documentation techniques.

There are two sources of data in this study, namely primary data and secondary data, primary data in the form of notes from interviews, results of field observations, data about informants (documentation). Secondary data records or documentation, government publications, industry analysis by media, Web sites, internet and so on.

The analysis used is Bloom's Taxonomy using three stages, namely data reduction, data presentation and conclusion drawing. To obtain a high level of truth, data source triangulation, theoretical triangulation, and method triangulation are used.

Results and Discussion

Table 1. of informant characteristics showed that there were more female genders, namely 9 people while men as many as 3 people

No.	Name	Age (years)	Gender	Tension (mmHG)		Education	Employment	Religion	History
				Beginning	end				
1	DJ	34	P	180/80	175/80	Elementary School	House Wife	Islam	Exist
2	DGR	58	p	170/80	170/80	Elementary School	House Wife	Islam	Exist
3	K	39	P	150/113	150/113	Vocational Schools	House Wife	Islam	not
4	J	57	L	170/100	173/104	Elementary School	Laborer	Islam	exist
5	NDN	60	P	168/83	165/83	Elementary School	House Wife	Islam	exist
6	R	45	L	183/114	180/114	JUNIOR	Seller	Islam	not
7	HDS	50	P	180/90	179/90	Elementary School	House Wife	Islam	not
8	N	52	P	200/120	198/120	Elementary School	Breeder	Islam	Exist
9	DZ	60	L	170/100	170/100	JUNIOR	Farmer	Islam	Exist
10	ADB	58	P	208/108	208/108	Elementary School	House Wife	Islam	Exist
11	RS	46	p	-	-	Bachelor	Officer (PTM)	Islam	exist
12	DK	45	p	-	-	Vocational Schools	Cadre	Islam	exist

Source: Primary Data, 2022

Eating Habits that People with Hypertension Think About

Eating Habits of People with Hypertension

The eating habits of the informants found that the frequency of eating two to three times a day, namely in the morning, afternoon, and evening, the food consumed was in the form of staple foods, and was dominated by carbohydrates.

“The habit of eating here is better, sometimes twice, sometimes three times if I say yes twice, I'm lazy to eat dinner, here the food is predominantly pi carbon... here, people who haven't eaten rice say they haven't eaten yet, but after we were given counseling here that it is in accordance with a balanced menu even though it is not expensive”

(RS, 46 years old, March 9, 2022).

Based on the results of interviews conducted by researchers, all informants have the habit of

eating two to three times a day, this is in accordance with the observations obtained, namely the habit of eating informants 2 to 3 times a day, namely in the morning before noon at around 10 to 11 and in the afternoon from 4 to 6 while eating habits are carried out 3 times a day, namely at 7 to 8 in the morning, lunch at 12 to 1 in the afternoon and dinner from 7 to 9 in the evening, as well as statements from key informants namely PTM Community Health Center Pallangga officers and the cadres of the Pallangga Health Center explained that the people in their working area consumed more carbohydrates, with this the officers had conducted counseling about a balanced menu.

Food Classification of People with Hypertension

Classification of foods that are considered and become eating habits of people with hypertension, namely consisting of rice, fish, vegetables, are not in accordance with balanced nutrition guidelines. Informants said that people

with hypertension have eating habits such as rice, fish, vegetables. Here are the results of the interview.

"The habit of eating here is like rice, vegetables, fish, indeed the village he used to have breakfast. Personally, in my opinion, here I always eat vegetables, at home, well... because I find it hard to eat without vegetables, I cook clear vegetables with coconut milk, it's just like that"

(DK, 45 years old, Mar 9, 2022).

Based on the results of interviews that researchers conducted with 10 informants with hypertension, there were 3 informants, namely j, R and DZ, explaining that eating habits were considered regarding food classification, namely rice and fish and not consuming vegetables. In contrast to the opinion of 7 informants, namely DJ, DGR, K, NDN, HDS, N and ADB, they said that eating habits that are thought about food classification are consuming white rice and preferring to process fish by frying because consuming fried fish is tastier and easier, vegetables are processed by cooking, sauteing, and adding coconut milk. Vegetables are obtained from traders, some are grown on their own and very rarely consume fruit while the fruits commonly consumed by hypertension patients are bananas, papayas and apples which are usually obtained from PKH distribution. This is in accordance with the statement of the DK key informant who stated that the classification of food in his working area was fish and vegetable rice, while the RS key informant gave more classification of food consumption based on age, where children up to 40 years old were contaminated with fast food, which was different from the average age. aging with the consumption of food eaten every day according to need.

Based on the observations obtained, it is not in accordance with the statements of the informants DJ, HDS, and N who said that the food classifications in mind were rice, fish and vegetables, but this was different from the observations obtained, namely the informants did not consume vegetables and only consumed fish and vegetables. rice.

Known Eating Habits for People with Hypertension

Daily Food that Causes Hypertension

Eating habits that are known to cause hypertension, namely salted fish, eggs, fried foods, foods with coconut milk and coto, are

recognized by hypertensive patients as being able to increase blood pressure in hypertensive patients. Based on interviews with several informants, the daily foods that can cause hypertension are eating fried foods, coto and salty foods. Here's an excerpt from the interview:

"Sometimes my tension goes up when I eat Coto, it's fried, that's what I know as well as foreign fish. You immediately hurt when I felt my head (holding my head) foreign food like eating a lot of salt, right, that's to give rise to tension, ji, yes, maybe in (smiling)"

(ADB, 58 years, March 8, 2022)

Based on the results of interviews conducted by researchers, informants 7 out of 10 informants, namely DGR, NDN, R, HDS, N, DZ, said that the daily foods known to cause hypertension were the consumption of salted fish, coconut milk, and fried foods, while ADB and J said that causing hypertension, namely oily food, coto and meat. This is in accordance with what the key informant said that the consumption of salty and fried foods and the addition of coconut milk to food can cause hypertension. Slightly different from the statement from the DJ informant who said that salty foods and eggs can cause hypertension.

Based on the results of the observations, the informants have eating habits that are in accordance with the results of the interviews where every day the informants are still served fried food. Consumption of foods that contain high fat can cause increased cholesterol levels in the body and will cause fat deposits. These fat deposits will stick to blood vessels and will form plaque, thereby triggering an increase in blood volume, which can lead to hypertension.

The Influence of Knowledge on Eating Habits that Cause Hypertension

The level of informant's knowledge of eating habits that can cause hypertension that knowledge greatly influences a person's behavior in the process of selecting food to be consumed, but some informants argue that knowledge does not guarantee that a person can avoid or change eating habits that have been implemented even though the informant knows the dangers of the food. Here is an excerpt from his interview:

"Knowledge comes from education, right? I think it's impossible if people have education to know that, I mean, what causes hypertension, you've learned all of that, after all, so I agree

that the knowledge of that person can be practiced and he also knows, right, that it's food that can't be eaten"

(J, 57 Years, March 6, 2022).

Informants said that knowledge of eating habits that can cause hypertension has a relationship because knowledge can provide understanding so that they can avoid foods that can trigger blood pressure and are better able to control their eating habits. Here is an excerpt from the interview

"Yes, if you know you can avoid it, maybe there will be an effect. If you have higher knowledge, like the younger siblings (pointing fingers), they might be able to control it better. (holds chest)"

(DZ, 60 Years, March 8, 2022).

Based on the results of interviews conducted by researchers regarding the effect of knowledge on eating habits that cause hypertension, 3 out of 10 informants have different beliefs, namely DJ, J, DZ informants, believing that eating habits are closely related to knowledge, this is in line with key informants saying that Knowledge of eating habits that can cause hypertension is interconnected because if an educated person is automatically able to avoid eating foods that can trigger high blood pressure, while the informants DGR, K, NDN, R, HDS, N, and ADB said that knowledge cannot affect eating habits.

It is Felt about Eating Habits in People with Hypertension

Eating Habits are Felt in People with Hypertension and Prevention

It is felt about eating habits in people with hypertension, reducing food, such as foods that are considered to trigger high blood pressure, for example, reducing consumption of salted fish, coconut milk, fried foods. If the hypertensive patient feels that his blood pressure is very high, then the hypertensive patient makes a drink that can relieve high blood pressure consisting of soursop leaves, binahong, and cucumbers that have been squeezed out of water. Here is an excerpt from his interview:

"There are a lot of fried food sellers here in the afternoon (moving their hands). I can also eat fried bananas in the morning, yes. Maybe it can be reduced to 'that', yes, it's more difficult for I', so I want to reduce this later. Fried, yes, you can also make hypertension in oil to a lot n that

oil is delicious hahaha (laughs)". Me, if my blood pressure rises, I drink ji it's binahong, people say it's really good for blood pressure, na that's really good"

(DGR, 58 Years, March 4, 2022).

Based on the results of interviews conducted by researchers, all informants explained that prevention of eating habits was felt in people with hypertension, namely reducing food, such as foods that were considered to trigger high blood pressure, for example, reducing consumption of salted fish, coconut milk, fried foods. If the hypertensive patient feels high blood pressure, then the hypertensive patient makes herbal drinks that can relieve high blood pressure consisting of soursop leaves, cucumbers that have been squeezed out of water and binahong leaves (plants used as traditional medicine).

This is in accordance with the statement of key informants who said, hypertension patients should avoid fried, salty, and coconut milk foods, hypertensive patients make herbal ingredients that are easily available such as lemongrass, ginger, soursop leaves and binahong.

Based on the results of observations, the informant has binahong plants in his yard, besides that there are also lemongrass, ginger and soursop plants, making it very easy to obtain. In addition, there are also informants who are consuming binahong leaf stew.

Interlude Foods for People with Hypertension

Snacks for hypertension sufferers, namely snacks for hypertension patients, there are various kinds, such as biscuits, bakwan, stuffed tofu, Fried banana, crispy tempeh, bread, coto, and meatballs as well as smoking and drinking coffee habits. Here is an excerpt from his interview:

"Eat an interlude, such as ordinary cakes, donuts or cakes, and sell ordinary people by bringing (moving hands) If I don't like food, I don't have ji, I think, I like all ji"

(HDS, 58 Years, March 5, 2022)

The usual thing to do is drink coffee while smoking. Here is an excerpt from his interview:

"If it's a distraction, I drink coffee all the time, sometimes it's also smoking, now there's a problem with my stomach, especially copying it like that (while moving his hand to his chest),

whether this is my diabetes, so sometimes you also drink pumpkin siam, this is recently too. Earlier, I also drank chayote, I grate the ki', then I drink ki water na, now I also avoid sweet things. I really like food but now it hurts so I'm picky.(touches head)"

(J, 57 Years, March 6, 2022)

Based on the results of interviews conducted by the researchers, the informants explained that the habit of eating snacks in hypertension sufferers was different, namely informants K and R preferred meatballs and instant noodles and fried foods, while informants DJ, DGR, NDN, ADB, N, HDS and DZ namely snacks such as fried foods, biscuits, and cakes that are sold in the market such as pukis. This is in accordance with the statement of the key informant who said that the snacks consumed were fried and salty food plus the number of fried food sellers in the area. In contrast to informant J who said coffee and cigarettes.

Based on the results of observations, snacks are often found in the area, such as in the market, so it is very easy to get them, snacks are foods that are served in small quantities among other foods that are considered susceptible to malnutrition and trigger an increase in blood pressure.

Changed Eating Habits

Dietary Habits that Change in People with Hypertension

Changes in eating habits in people with hypertension, namely, the frequency of food increases outside of meal times, children today really like additional food, most of them eat instant food now such as instant noodles, nuggets, meatball sausages which are usually eaten immediately, plus more with a lot of frozen food which is very easy to process. Here is an excerpt from his interview:

"Nowadays, there are a lot of noodles that tasted like before, yes, only salt was mixed with food, because now there's a lot of flavor of noodles. if the kids here really like to buy outside of side dishes, sometimes when I'm too lazy to cook, I also just buy it outside, it's more practical too, right now there's a lot of frozen food in a lot of noodles, right now there's a brand -That's the brand too, eeee what happened now (ask the child) Yes, frozen food, that's hahah (laughs) we don't know that, right now, there are a lot of kids right now, they know a lot, right, they already know a lot about food. "

(DGR, 58 Years, March 4, 2022)

Based on the results of interviews conducted by researchers, 9 out of 10 informants namely DJ, K, J, NDN, R, HDS, DZ, ADB, and DGR said that it was very easy to get food so that it affected eating habits such as instant noodles, nuggets, sausages. Meatballs which are usually eaten immediately, coupled with the many types of Frozen food which are very easy to process, and the frequency of food increases outside of meal times, children today really like additional food. This is in accordance with the key informant's statement explaining that the changing eating habits of people with hypertension are that most of them now eat instant food. Whereas in the past, food was not as easy as it is now where food vendors are still lacking and most of the food is cooked by themselves. Slightly different from the statement of informant DZ who said that eating habits change influenced by the environment in which they live.

Based on the results of observations in accordance with the results of interviews, namely in the area it is very easy to get food because of the many food vendors in the area.

Changes in Foodstuffs from Time to Time

The change in food ingredients at this time is mostly in the form of instant food and various types of components that can produce more practical food. Here is an excerpt from his interview:

"Now that the vegetables have been sprayed, right (moving the hands) that used to be the fish it was always fresh, now you live here maybe the fish already use ki formalin, right, we don't also know that it's fish from outside so it could be fish in formalin, maybe this time it can also increase hypertension, because eating is not fresh or even other diseases can appear".

(DZ, 60 Years, March 8, 2022)

Based on the results of interviews conducted by researchers, 7 out of 10 informants in line with key informants said that changes in food ingredients from time to time, which can be seen in today's food ingredients are very varied, for example royco, cooking vetsin, and many foodstuffs are found in powder form. For example, garlic, pepper, coriander, make it easier to process food, whereas in the past food ingredients only used salt and dried fish heads which were ground and mixed with food. This is different from the statements of NDN, DZ, and ADB informants who said that nowadays

food ingredients already contain a lot of preservatives.

Based on the observations of all the informants' kitchens, they used flavor enhancers such as vitsin, royko, and instant powdered food ingredients such as marica coriander, and garlic powder. Many changes in food ingredients are instant and very easy to manage and very practical.

Fixed Eating Habits in People with Hypertension

Surviving Ancient Eating Habits

Traditional menus that still survive and are still often served are pallu ce'la fish, pallu mara, traditional cakes, eating habits that still survive, namely fish that are preserved so they can be reprocessed. Here is an excerpt from his interview:

"The food menu here, which is still frequent, is pallu ce'la, this noodles age reliably here, because fish is one of the ways to preserve fish, so they cook it first, and they can also fry it so this is the noodle that always lasts and this is also what trigger hypertension ka salty this time. This can be reprocessed and added to Lombok, it is also delicious, there are also those who sell it, so now it is more delicious"

(Hospital, 46 years old, March 9, 2022).

Based on the results of interviews conducted by researchers, from all the informants and key informants explained that: The ancient eating habits according to the informants, said that the old food habits were very healthy because the food ingredients produced from their own plants such as rice, sweet potatoes, corn rice, brown rice, Habits The food that still survives is processed cakes such as green bananas, pallu butung and processed pallu ce'la fish because they can be preserved so they can be reprocessed and these foods are able to display the richness of traditional foods.

Based on the results of observations, only 9 informants still served traditional food while informant K did not serve traditional food such as pallu ce'la. So that it can be interpreted that the way a person or group gets to choose to eat is influenced by habits and local conditions.

Traditional Food Processing

The cause of previous cooking can trigger hypertension due to the use of excessive salt and the use of coconut milk which is often

added to food, for example in pumpkin vegetable dishes that use coconut milk. Here is an excerpt from his interview:

"It's like pumpkin, yes, it's delicious when you mix it up, but it's rare for noodles to eat now, when you eat pumpkin first, always. Maybe it's different, yes, if in the past, I still cook with wood, now I use the stove, Mom, I use the same now, when I use someone else's cooking noodles."

(R, 45 Years, March 6, 2022)

Based on the results of interviews conducted by researchers regarding traditional food processing, which is the process of converting raw materials into ready-to-eat, 8 out of 10 key informants and informants said that traditional food only uses salt as a flavoring and uses firewood and uses natural ingredients, in contrast to the statement informants R and J food used to be often processed with the addition of coconut milk so that it could trigger hypertension.

Traditional food has the meaning of everyday people's food, whether in the form of staple food, side dishes, or special dishes that have been passed down from generation to generation ancestors. The processing methods for traditional food recipes and their taste are generally passed down from generation to generation so that traditional foods vary from place to place or region.

From the two meanings of traditional food above, it can be said that traditional food is food that is obtained from generation to generation and in each region has different characteristics. There are many kinds of traditional Indonesian food, based on their level of existence in society. Food is a human need to support survival which is useful for growth and building body cells, keeping them healthy and functioning properly. It can be said that the general function of eating includes food as a source of energy, food as a building material and body growth, and food as a regulator of body activities.

Therefore, every living thing needs food for its survival. Traditional food is food and drink, including snacks and mixed ingredients or ingredients used traditionally, and has long been developed specifically in the area and is processed from recipes that have long been known by the local community with local

ingredients and has a relatively appropriate taste. to the tastes of the local community.

Traditional food can have various definitions. Traditional food is a food heritage that has been passed down and has been entrenched in Indonesian society with local traditions giving rise to certain sensory experiences with high nutritional value. Traditional food can also be defined as general food that has been consumed for generations, consisting of dishes that suit human tastes, do not conflict with the religious beliefs of the local community, and are made from food ingredients and spices that locally available.

The richness of the food and the flavors in it cannot be separated from the influence of spices. Delicious food with a taste that can make everyone love it. Made by expert hands who can process food ingredients and spices appropriately. Given the many spices and the way they are processed, Indonesian cuisine is arguably difficult and not easy enough to make.

Eating Habits that People with Hypertension Think About

Eating Habits of People with Hypertension

the habit of eating 2 to 3 times a day and consuming more carbohydrates so that it can cause hypertension. This study is almost the same as the research conducted by [4] in Sragen which found that globally eating habits have been implicated as a factor causing hypertension.

The results of observations of eating habits in the work area of the Pallangga Health Center are two to three times a day, namely morning, afternoon and evening with high carbohydrate intake. If people think about eating habits in carbohydrate consumption, it will have implications for the risk of obesity [5].

Food Classification for Hypertension Sufferers

The classification of foods that were considered by hypertension sufferers in the working area of the Pallangga Health Center was 3 informants who said they consumed rice and fish and did not consume vegetables and fruit. However, 7 key informants and informants said they consumed vegetables and fruit obtained from PKH (Program Keluarga Harapan).

This is in line with research results [6] explaining that high fiber consumption in vegetables and fruit is known to prevent degenerative diseases such as obesity, CHD

(coronary heart disease), diabetes, hypertension, and cancer.

The results of this study's observations found that only a small number of informants consumed vegetables so that it could trigger high blood pressure, on the contrary research conducted by [7] which said that there was no relationship between vegetable consumption and the risk of hypertension in both women and men.

Eating Habits Known to People with Hypertension

Daily Food that Causes Hypertension

Daily eating habits that are known to cause hypertension in the Pallangga Health Center area are the consumption of salted fish, coconut milk, fried foods, coto and meat and eggs so that it can be interpreted that all key informants and informants know the cause of hypertension. The same results were also obtained in [8] which stated that there was a significant relationship between sodium consumption and the incidence of hypertension.

The results of observations made in this study found that every day the informant still served fried food. Almost the same as the results of observations made by [9], it was found that on average hypertensive patients had a frequency of 3 main meals and 3-4 snacks in the form of fried foods.

The Influence of Knowledge on Eating Habits that Cause Hypertension

The effect of knowledge on eating habits that cause hypertension in the work area of the Pallangga Health Center, as many as 3 out of 10 informants have the belief that eating habits are closely related to knowledge, this is in line with key informants saying that knowledge of eating habits can cause hypertension to be interconnected because if someone educated will automatically be able to avoid eating foods that can trigger high blood pressure. In line with research conducted by [10], there is a relationship between the level of knowledge and the incidence of hypertension.

In this researcher, most of the informants said that knowledge could not affect eating habits. This is in line with research by [11] explaining that having good knowledge but having bad eating habits.

Eating Habits Felt by People with Hypertension

Eating Habits Are Felt in Patients with Hypertension and Prevention

Eating habits were felt in people with hypertension and prevention in the work area of the Pallangga Health Center, namely all key informants and informants explained that eating habits were felt in people with hypertension, namely reducing food, such as foods that were considered to trigger high blood pressure, for example, reducing the consumption of salted fish, coconut milk, fried food. In line with research [12] showed that reducing foods containing salt, sugar and cholesterol can significantly affect the decrease in systolic and diastolic blood pressure.

Hypertension sufferers make herbal drinks that can relieve high blood pressure consisting of soursop leaves, cucumbers that have been squeezed in water and binahong leaves, according to the results of observations. This is in line with [13]. In addition to maintaining healthy eating habits, prevention is also carried out / prevention of diseases by being able to apply the maintenance of family TOGA plants and consuming medicinal plants in overcoming diseases such as hypertension.

Snacks for People with Hypertension

Snacks for hypertension sufferers in the working area of the Pallangga Health Center tend to like meatballs, instant noodles, fried biscuits, and cakes sold in the market such as pukis in addition to coffee and cigarettes. This is in line with [14] eating snacks or snacks before mealtimes causes hypertension. The results of observations in this study found that people's snacks are often found in the area such as in the market so it is very easy to get them.

Changed Eating Habits

Dietary Habits that Change in People with Hypertension

Changing eating habits such as instant foods such as noodles, nuggets, sausages, meatballs, which can be eaten immediately, coupled with the many types of frozen food which are very easy to process, and the frequency of food increases outside of meal times. This study is in line with research by [15], which stated that the prevalence of fast food consumption and obesity/overweight in Iranian students is quite high, obesity is the core of several important non-communicable diseases such as hypertension.

The results of observations in this study are in accordance with the results of interviews, namely in the Pallangga Health Center area it is very easy to get food because of the large number of food vendors in the area. This is in line with [16] that in the past, food was not as easy as it is now where food sellers were still lacking.

Change of Food Ingredients

Changes in food ingredients such as Royco, Vetsin cooking, and many food ingredients found in powder form such as garlic, pepper, coriander, make it easier to process food, whereas in the past foodstuffs only used flavor enhancers from salt and dried fish heads which were then pounded and then ground. In addition, the informant said that the food ingredients now contain a lot of preservatives.

The results of the observations of all the informants' kitchens used flavor enhancers such as vetsin, royco, and instant powdered food ingredients such as marica coriander, and garlic powder. Many changes in food ingredients are instant and very easy to manage and very practical. This is supported by [17] research (2021) which says that excessive consumption of flavoring can cause hypertension.

Consistent Eating Habits in Patients with Hypertension

Enduring Ancient Eating Habits

The eating habit that still survives is processed pallu ce'la fish because it can be preserved so that it can be processed again, consuming healthy food has changed. The results of the observations obtained in this study are that almost all informants still serve traditional food, and there is only one informant who does not serve traditional food such as pallu ce'la, this is in line with [18] which says traditional food has existed for a long time. and still survive to this day so that it can be appreciated as a cultural heritage. The survival of traditional foods also reflects the potential of each region which has regional, specific, and diverse characteristics [19], [20].

Traditional Food Processing

Utilizing salt as a flavoring and using firewood as well as using natural ingredients and food used to be often processed with the addition of coconut milk so that it can trigger hypertension. The results of this study are in line with research conducted by [21] namely in food

processing, both methods and raw materials are passed down from generation to generation continuously and the traditional processing process using firewood is certain. The processing of traditional food recipes and their taste has generally been hereditary so that traditional food is different in each place or region, and there is very little product innovation [22],[23].

Conclusion

The eating habits of people with hypertension were thought to be eating two to three times a day, and consuming high carbohydrates. The known eating habits are fatty and salty foods, eating habits are felt which can cause back headaches so that the informants use herbal drinks. Eating habits change in people with hypertension, namely the frequency of food increases outside of eating hours and instant food. Consistent eating habits, namely pallu ce'la fish, and consumption of coconut milk are still the informants' eating habits to this day. Eating habits are one of the causes of hypertension, therefore health workers should improve health promotion and active informants check their health.

Research Limitation

In this study, the researcher was not able to explain in depth about the culture inherent in the area because it has been heavily influenced by the living environment and has adhered to current habits, so it can only explain the variables studied. Informants sometimes repeat questions so that informants better understand what the researcher is asking, besides that the researcher has not been able to limit the informant's answers to remain in context or topic, the documents that the researcher wants are not available at the research site, such as documents related to symptoms and eating habits of patients hypertension so that data analysis is only based on observations and interviews. The use of koenjaraningrat theory in this study does not explore race, economy, religion, and the arts. This is because at the research location, eating habits have been influenced by current eating habits and there is no culture that is preserved related to eating habits.

Statement of Ethics

Health Research Ethics Commission, Faculty of Public Health, Hasanuddin University on February 22 with the number: 1956/UN4.14/TP.01.02/2022.

References

- [1] Rangkuti, W. (2021). Gaya Hidup Berhubungan dengan Kejadian Hipertensi. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 11(2), 341-348. <https://doi.org/10.32583/pskm.v11i2.1248>
- [2] Ramadanti, T., Hasnita, E., & Oktavianis, O. (2021). Penyuluhan Kesehatan Terhadap Perilaku Sehat Pasien Hipertensi. *Jurnal Kesehatan*, 12(1), 055-060. <http://ejournal.stikesprimanusantara.ac.id/index.php/JKPN/article/view/427>
- [3] Kossmann, S., Lagrange, J., Jäckel, S., Jurk, K., Ehlken, M., Schönfelder, T., ... & Wenzel, P. (2017). Platelet-localized FXI promotes a vascular coagulation-inflammatory circuit in arterial hypertension. *Science Translational Medicine*, 9(375), eaah4923. <https://doi.org/10.1126/scitranslmed.aah4923>
- [4] Wahyuni, W., & Susilowati, T. (2018). Hubungan Pengetahuan, Pola Makan Dan Jenis Kelamin Terhadap Kejadian Hipertensi Di Kalurahan Sambung Macan Sragen. *Gaster*, 16(1), 73-82. <https://doi.org/10.30787/gaster.v16i1.243>
- [5] Priscilia, I., & Dewi Sartika, R. A. (2019). Effect of Sleep Duration on Physical Activity among Hypertensive Patients in Bogor, Indonesia. *Indian Journal of Public Health Research & Development*, 10(12). https://www.researchgate.net/publication/342202913_Effect_of_Sleep_Duration_on_Physical_Activity_among_Hypertensive_Patients_in_Bogor_Indonesia
- [6] Hardi AD, Indriasari R, Hidayanti H. 2019. Hubungan Pola Konsumsi Pangan Sumber Serat dengan Kejadian Overweight pada Remaja di Smp Negeri 3 Makassar. *Jurnal Gizi Masyarakat Indonesia: The Journal of Indonesian Community Nutrition*. 8(2): 71–78. doi: 10.30597/jgmi.v8i2.8508.
- [7] Kim J. Association between fruit and vegetable consumption and risk of hypertension in middle-aged and older Korean Adults. *J Acad Nutr and Diet*. 2018 Aug;118(8):1438-49.e5. <http://journal.untar.ac.id/index.php/tmj/article/view/13718>

- [8] Salman, Y., Sari, M., Libri, O. (2020). Analisis Faktor Dominan Terhadap Kejadian Hipertensi Pada Lansia di Puskesmas Cempaka. *Jurnal Dunia Gizi*. 3(1).pp 6-10. doi: <https://doi.org/10.33085/jdg.v3i1.4640>.
- [9] Budiman, F. A., Pujiyanto, T., & Rosinta, L. (2021). Identifikasi Pola Makan Pada Pasien Lanjut Usia Dengan Hipertensi Di Wilayah Kerja Puskesmas Pare Kabupaten Kediri. *JURNAL ILKES atau (Jurnal Ilmu Kesehatan)*, 12(1), 345-352. <https://doi.org/10.35966/ilkes.v12i1.201>
- [10] Morika, H. D., Nur, S. A., & Jekzond, H. (2021, February). Hubungan Tingkat Pengetahuan Dan Aktivitas Fisik Terhadap Kejadian Hipertensi Pada Lansia. In *Prosiding Seminar Nasional Stikes Syedza Saintika (Vol. 1, No. 1)*. <https://jurnal.syedzasaintika.ac.id/index.php/PSNSYS/article/view/973/829>
- [11] Ramandani, Q. F., & Rahmawati, T. (2020). Hubungan pengetahuan anemia dengan kebiasaan makan pada remaja putri di SMPN 237 Jakarta. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 4(3), 193-202. <http://dx.doi.org/10.32419/jppni.v4i3.192>
- [12] Rahimlou, M., Grau, N., Banaie - Jahromi, N., Taheri, M., Khosravi, A., Mavrommatis, Y., & Mohammadifard, N. (2022). Association of Adherence to the Dietary Approach to Stop Hypertension and Mediterranean Diets with Blood Pressure in a Non-Hypertensive Population: Results from Isfahan Salt Study (ISS). *Nutrition, Metabolism and Cardiovascular Diseases*, 32(1), 109–116. <https://doi.org/10.1016/j.numecd.2021.09.029>.
- [13] Vera, Y., & Yanti, S. (2020). Penyuluhan Pemanfaatan Tanaman Obat Dan Obat Tradisional Indonesia Untuk Pencegahan Dan Penanggulangan Penyakit Hipertensi Di Desa Salam Bue. *Jurnal Education and development*, 8(1), 11-11. Doi 10.37081/ed.v8i1.1492.
- [14] Alhuda, T. R., Prastiwi, S., & Dewi, N. (2018). Hubungan Antara Pola Makan Dan Gaya Hidup Dengan Tingkatan Hipertensi Pada Middle Age 45-59 Tahun Di Wilayah Kerja Puskesmas Dinoyo Kota Malang. *Nursing News: Jurnal Ilmiah Keperawatan*, 3(1). <https://doi.org/10.33366/nn.v3i1.827>
- [15] Mohammadbeigi A, Asgarian A, Moshir E, et al. Fast food consumption and overweight / obesity prevalence in students and its association with general and abdominal obesity. *J Prev Med Hyg*. Published online 2018:236-240. <https://doi.org/10.15167%2F2421-4248%2Fjpmh2018.59.3.830>
- [16] Hamzah, B., Akbar, H., & Langingi, A. R. C. (2021). Analisis Hubungan Pola Makan Dengan Kejadian Hipertensi Pada Lansia. *Journal Health & Science: Gorontalo Journal Health and Science Community*, 5(1), 194-201. <https://doi.org/10.35971/gojhes.v5i1.10039>
- [17] Langingi, A. R. C. (2021). Hubungan status gizi dengan derajat hipertensi pada lansia di desa tombolango kecamatan lolak. *Community of Publishing In Nursing (COPING)*, 9(1), 46-57. <https://journal.iktgm.ac.id/index.php/nursing/article/view/86>
- [18] Lumanauw, N. (2018). Pengembangan Makanan Tradisional Bali pada Pasar Malam di Pasar SIndu, Sanur, Bali. *Jurnal Ilmiah Hospitality Mana gement*, 9(1), 83–92. <https://doi.org/10.22334/jihm.v9i1.147>
- [19] Arsyalizi, F. V., & Paryoto. (2020). Upaya melestarikan kue papais sebagai kue tradisional khas Cirebon. *Journal of Culinary*, 2(1), 1–30. <https://ejournal.akpindo.ac.id/index.php/culinaria/article/view/996>
- [20] Hossain, K., Zojer, G., Greaves, W., Roncero, J. M., & Sheehan, M. (2017). Constructing Arctic security: An interdisciplinary approach to understanding security in the Barents region. *Polar record*, 53(1), 52-66. <https://doi.org/10.1017/S0032247416000693>
- [21] Saputra, V. A. D., Christiawan, O., & Nugroho, S. P. (2021, July). Analisis Makanan Tradisional Gudeg Sebagai Daya Tarik Wisata Kuliner Di Yogyakarta. In *Uncle (Undergraduate Conference on Language, Literature, and Culture)* (Vol. 1, No. 01).

<http://publikasi.dinus.ac.id/index.php/uncle/article/view/4671>

- [22] Tyas., A. S. (2017). "Identifikasi Kuliner Lokal Indonesia dalam Pembelajaran Bahasa Inggris". *Jurnal Pariwisata Terapan*, 1(1). <https://doi.org/10.22146/jpt.24970>
- [23] Siregar, A., Krisnasary, A., & Simbolon, D. (2021). Differences of Fruit-Vegetable Consumption, Blood Pressure In Highland And Lowland. *Jurnal Ilmu Dan Teknologi Kesehatan*, 8(2), 158-173. <https://doi.org/10.32668/jitek.v8i2.362>.