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HUBUNGAN KEJADIAN HIPERTENSI DENGAN FUNGSI KOGNITIF PADA LANSIA DI DESA JAMPIROSO SELATAN KOTA TEMANGGUNG

ABSTRAK

Latar belakang: Hipertensi merupakan salah satu faktor terjadinya penurunan fungsi kognitif. Salah satu komplikasi hipertensi di sistem saraf pusat selain stroke juga dapat menyebabkan penurunan fungsi kognitif (*Vascular Cognitive Impairment*). Masalah lansia dengan hipertensi menjadi faktor terbesar yang mempengaruhi terjadinya penurunan fungsi kognitif terutama fungsi memori.

Tujuan : Mengetahui hubungan kejadian hipertensi dengan fungsi kognitif pada lansia di Desa Jampiroso Selatan Kota Temanggung.

Desain penelitian : *Deskriptif korelasi* dengan pendekatan *cross sectional*. Populasi penelitian ini sebanyak 118. Metode pengambilan sampel menggunakan *Proporsionate Stratified Random Sampling* dengan jumlah 60 responden. Instrument penelitian menggunakan lembar data induk dan kuesioner MMSE (*Mini Mental Status Examination*).

Hasil : Penelitian ini menunjukkan bahwa lansia yang mengalami hipertensi berada pada hipertensi stage II sebanyak 42 (70,0%), fungsi kognitif lansia normal sebanyak 33 (76,7%) dan *probable* gangguan kognitif sebanyak 9 (52,9%).

Kesimpulan : Hasil analisis uji statistic menggunakan *Spearman-Rank* didapatkan hubungan kejadian hipertensi dengan fungsi kognitif pada lansia memiliki *p-value* = 0,012 (<0,05), yang artinya terdapat hubungan antara kejadian hipertensi dengan fungsi kognitif pada lansia.

Saran : Lansia yang memiliki hipertensi dapat mengontrol tekanan darah secara rutin dengan cara mengikuti kegiatan kesehatan posyandu yang ada di desa serta menerapkan gaya hidup sehat harapannya tekanan darah lansia bisa terkontrol sehingga fungsi kognitif dapat terjaga dan bagi penelitian selanjutnya dapat menjadi bahan referensi untuk meneliti faktor lain yang berhubungan dengan fungsi kognitif.

Kata kunci : kejadian, hipertensi, fungsi kognitif, lansia

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THE CORRELATION OF HYPERTENSION INCIDENCE AND COGNITIVE FUNCTION ON ELDERLY IN SOUTH JAMPIROSO VILLAGE TEMANGGUNG CITY

ABSTRACT

Background: Hypertension is a factor in the decline in cognitive function. One of the complications of hypertension in the central nervous system besides stroke can also cause decreased cognitive function (*Vascular Cognitive Impairment*). The problem of elderly people with hypertension is the biggest factor affecting the decline in cognitive function, especially memory function.

Objective: To determine the relationship between hypertension and cognitive function in the elderly in Jampiroso Selatan Village, Temanggung City.

Research design: *Descriptive correlation* with *cross sectional* approach. The population of this study was 118. The sampling method used was *Proportional Stratified Random Sampling* with a total of 60 respondents. The research instrument used a master data sheet and an MMSE (*Mini Mental Status Examination*) questionnaire.

Results: This study showed that the elderly who had hypertension were in stage II hypertension as much as 42 (70.0%), normal elderly cognitive function was 33 (76.7%) and *probable cognitive impairment* was 9 (52.9%).

Conclusion: The results of statistical test analysis using the *Spearman-Rank* showed that the correlation between hypertension and cognitive function in the elderly had $p\text{-value} = 0.012 (<0.05)$, which means that there was a relationship between the incidence of hypertension and cognitive function in the elderly.

Suggestion: Elderly people with hypertension can control their blood pressure regularly by participating in village health post health activities and adopting a healthy lifestyle. The hope is that the elderly's blood pressure can be controlled so that cognitive function can be maintained and for further research it can be used as reference material for researching other factors related to cognitive function.

Key words: incidence, hypertension, cognitive function, elderly