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Gambaran Kualitas Hidup Lansia dengan Hipertensi di Desa Tambahsari.

ABSTRAK

Latar Belakang : Hipertensi merupakan meningkatnya tekanan darah diatas ambang normal yakni lebih dari 140/90 mmHg. Hipertensi pada lansia dapat menyebabkan penurunan fungsi kognitif hingga mempengaruhi kualitas hidup. Peningkatan kualitas hidup lansia dilakukan untuk mengurangi angka morbiditas.

Tujuan : Untuk menggambarkan kualitas hidup lansia dengan hipertensi di Desa Tambahsari.

Metode: Deskriptif survei dengan pendekatan *cross sectional*. Penelitian dilakukan di Desa Tambahsari pada Mei 2021 hingga Juni 2021 yang melibatkan 92 responden.

Hasil : Lansia dengan hipertensi di Desa Tambahsari mayoritas berusia 70-74 sebanyak 32 lansia (34,8%), mayoritas lansia berjenis kelamin perempuan sebanyak 59 (64,1%), mayoritas pendidikan pada lansia SLTA/Sederajat sebanyak 54 (58,7%), mayoritas lansia tidak bekerja sebanyak 57 (61,9%), mayoritas lansia masih memiliki pasangan sebanyak 56 (60,9%), mayoritas lama menderita hipertensi pada lansia lebih dari 6 bulan sebanyak 78 lansia (84,8%) dan berdasarkan status minum obat pada lansia dengan hipertensi sebanyak 82 lansia (89,1%). Kualitas hidup lansia baik sebanyak 83 (90,2%).

Kesimpulan : Sebagian besar lansia dengan hipertensi yang ada di Desa Tambahsari memiliki kualitas hidup yang baik.

Saran : Keluarga dan tenaga kesehatan diharapkan mampu membantu lansia dalam meningkatkan kualitas hidup agar tekanan darah stabil sehingga mampu mencegah terjadinya komplikasi penyakit.

Kata Kunci : Kualitas Hidup, Lansia, Hipertensi

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A Description of the Quality of Life the Elderly with Hypertension in the Village Tambahsari.

ABSTRACT

Background: Hypertension is an increase in blood pressure above the normal threshold, which is more than 140/90 mmHg. Hypertension in the elderly can cause a decrease in cognitive function to affect the quality of life. Improving the quality of life of the elderly is done to reduce morbidity.

Objective: To describe the quality of life of the elderly with hypertension in the Village Tambahsari.

Methods: Descriptive survey with a cross sectional approach. The research was conducted in the Village Tambahsari from May 2021 to June 2021 involving 92 respondents.

Results: The majority of elderly with hypertension in the Village Tambahsari are aged 70-74 as many as 32 elderly (34.8%), the majority of the elderly are female as many as 59 (64.1%), the majority of education in senior high school/equivalent are 54 (58.7%), the majority of the elderly do not work as much as 57 (61.9%), the majority of the elderly still have a partner as much as 56 (60.9%), the majority have long suffered from hypertension in the elderly more than 6 months as many as 78 elderly (84.8%) and based on the status of taking medication in the elderly with hypertension as many as 82 elderly (89.1%). The quality of life of the elderly is good as much as 83 (90.2%).

Conclusion: Most of the elderly with hypertension in the Village Tambahsari have a good quality of life.

Suggestion: Families and health workers are expected to be able to help the elderly in improving the quality of life so that blood pressure is stable so as to prevent disease complications.

Keywords: Quality of Life, Elderly, Hypertension