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**HUBUNGAN DUKUNGAN KELUARGA DENGAN KUALITAS HIDUP LANSIA
YANG MENGALAMI HIPERTENSI DI DESA GONOHARJO KECAMATAN
LIMBANGAN KABUPATEN KENDAL**

xvi + 83 Hal + 2 Bagan + 15 Tabel + 12 Lampiran

ABSTRAK

Latar Belakang: Seiring dengan proses penuaan, lansia rentan terhadap gangguan kesehatan fisik, dan perubahan fisiologis salah satunya penyakit hipertensi. Hipertensi pada lanjut usia mempunyai efek buruk pada kualitas hidupnya. Kualitas hidup merupakan persepsi atau penilaian subjektif individu yang mencakup dimensi fisik, dimensi psikologi, dimensi hubungan sosial dan dimensi lingkungan. Dukungan keluarga memiliki peran penting dalam meningkatkan kualitas hidup lansia. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan kualitas hidup pada lansia dengan hipertensi.

Metode Penelitian: Penelitian kuantitatif non eksperimental dengan metode korelasional dan menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah lansia yang mengalami hipertensi sebanyak 150 orang, sampel penelitian sebanyak 109 orang dengan menggunakan teknik *proporsional random sampling*. Analisa data uji *Rank-Spearman*.

Hasil Penelitian: Sebagian besar dukungan keluarga dengan kategori baik yaitu sebanyak 87 responden (79.8%) dan kualitas hidup lansia yang mengalami hipertensi sebagian besar memiliki kualitas hidup sedang yaitu sebanyak 71 responden (61.5%). Hasil Uji *Rank Spearman* di dapatkan $pvalue = 0.044 < 0.05$.

Simpulan: Ada hubungan signifikan dukungan keluarga dengan kualitas hidup lansia yang mengalami Hipertensi di Desa Gonoharjo Kecamatan Limbangan Kabupaten Kendal.

Kata kunci: hipertensi, dukungan keluarga, kualitas hidup

Daftar pustaka: 36 (2010-2020)

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CORRELATION BETWEEN FAMILY SUPPORT AND QUALITY OF LIFE AMONG ELDERLY WITH HYPERTENSION IN GONOHARJO VILLAGE, LIMBANGAN SUB-DISTRICT, KENDAL DISTRICT

xvi + 83 Pages + 2 Figures + 15 Tables + 12 Appendices

ABSTRACT

Background: Along with the aging process, elderly people are vulnerable to physical health problems; one of which is hypertension. Hypertension in the elderly has adverse effects on their quality of life. Quality of life is the subjective perception or assessment of individuals that includes physical, psychological, social relationship, and environmental dimensions. Family support plays a crucial role in enhancing the quality of life for the elderly. This study aims to explore the relationship between family support and the quality of life among elderly with hypertension.

Research Method: A non-experimental quantitative study was conducted using a correlational method and a *cross-sectional* approach. The population in this study was 150 elderly people who experienced hypertension, the research sample was 109 people using proportional random sampling techniques. Data analysis using the Rank-Spearman test.

Research Findings: Most family support falls into the good category as many as 87 respondents (79.8%), and the quality of life for the elderly experiencing hypertension mostly falls into the moderate category as many as 71 respondents (61.5%). The result of the Spearman Rank Test obtained a p-value of 0.044, which is less than 0.05.

Conclusion: There is a significant correlation between family support and the quality of life among elderly with hypertension in Gonoharjo Village, Limbangan Sub-district, Kendal District.

Keywords : hypertension, family support, quality of life

References : 36 (2010-2020)