

Universitas Ngudi Waluyo
Program Studi Keperawatan
Fakultas Keperawatan
Skripsi, Juli 2024
Sudianto B
NIM. 017231043

Gambaran Karakteristik dan Fungsi Kognitif Lansia Penderita Hipertensi di Wilayah Kerja Puskesmas Bulik

ABSTRAK

Latar belakang: Hipertensi dapat merusak pembuluh darah di otak, mengurangi aliran darah, dan menyebabkan iskemia kronis. Kerusakan ini berdampak pada jaringan otak dan materi putih, yang penting untuk komunikasi antar neuron. Selain meningkatkan risiko stroke, hipertensi juga menyebabkan ketidakseimbangan kimia otak yang berkontribusi pada penurunan fungsi kognitif. Dalam jangka panjang, hipertensi yang tidak terkontrol dapat meningkatkan risiko gangguan kognitif dan demensia.

Tujuan: Untuk mengetahui gambaran karakteristik dan fungsi kognitif lansia penderita hipertensi di wilayah kerja Puskesmas Bulik.

Metode: Penelitian kuantitatif deskriptif. Populasinya yaitu seluruh lansia yang mengalami hipertensi pada bulan sebelumnya yaitu 74 pasien dengan sampel 74 responden.

Hasil: Karakteristik lansia paling banyak berdasarkan usia berada di rentang 45-59 tahun sebanyak 32 orang (43,2%); berjenis kelamin laki-laki sebanyak 40 orang (54,1%); berpendidikan SMP sebanyak 50 orang (67,6%); petani/wiraswasta sejumlah 44 orang (59,5%); mengalami hipertensi sebanyak 62 orang (83,8%); tidak melakukan aktivitas olahraga sebanyak 51 orang (68,9%); dan memiliki kebiasaan tidak merokok sejumlah 43 (58,1%). Gambaran fungsi kognitif lansia penderita hipertensi di Puskesmas Bulik paling banyak memiliki gangguan kognitif berat sebanyak 30 orang (40,6%). Aspek kognitif paling banyak terganggu pada atensi dan kalkulasi dengan standar deviasi 1,811.

Saran: Disarankan bagi masyarakat dan lansia penderita hipertensi agar lebih memperhatikan gaya hidupnya (merokok, stres, dan rutin cek tekanan darah), bagi Puskesmas agar memfasilitasi cek tekanan darah di luar jadwal posyandu lansia, dan bagi peneliti selanjutnya agar menjadi referensi terkait hipertensi.

Kata kunci: Karakteristik, Fungsi Kognitif, Lansia, Hipertensi

*Ngudi Waluyo University
Nursing Study Program
Health Faculty
Thesis, July 2024
Sudianto B
NIM. 017231043*

*Description of the Characteristics and Cognitive Function of Elderly People
with Hypertension in the Bulik Community Health Center Working Area*

ABSTRACT

Background: Hypertension can damage blood vessels in the brain, reduce blood flow, and cause chronic ischemia. This damage impacts brain tissue and white matter, which are important for communication between neurons. In addition to increasing the risk of stroke, hypertension also causes an imbalance in brain chemistry that contributes to decreased cognitive function. In the long term, uncontrolled hypertension can increase the risk of cognitive impairment and dementia.

Objective: Determine and analyze the characteristics and cognitive function of elderly people with hypertension in the Bulik Community Health Center working area.

Method: Descriptive quantitative research. The population is all elderly people who experienced hypertension in the previous month, namely 74 patients with a sample of 74 respondents.

Results: The most common characteristics of elderly people based on age are in the 45-59 year range, as many as 32 people (43.2%); 40 people were male (54.1%); 50 people had junior high school education (67.6%); farmers/entrepreneurs 44 people (59.5%); 62 people (83.8%) experienced hypertension; 51 people (68.9%) did not do sports activities; and had a habit of not smoking, 43 (58.1%). Description of the cognitive function of elderly people with hypertension at the Bulik Community Health Center who mostly had severe cognitive impairment, 30 people (40.6%). Cognitive aspects were most disturbed in attention and calculation with a standard deviation of 1.811.

Suggestion: It is recommended for the community and elderly people with hypertension to pay more attention to their lifestyle (smoking, stress, and regular blood pressure checks), for Community Health Centers to facilitate blood pressure checks outside the elderly integrated health post schedule, and for further researchers to be a reference related to hypertension.

Keywords: *Characteristics, Cognitive Function, Elderly, Hypertension*