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GAMBARAN KARAKTERISTIK LANJUT USIA PENDERITA HIPERTESI DI PUSKESMAS LEREP

ABSTRAK

Latar belakang: Hipertensi merupakan penyakit tidak menular dengan prevalensi tinggi pada kelompok lanjut usia (lansia). Di Indonesia, Riskesdas 2018 melaporkan prevalensi hipertensi sebesar 34,1% pada penduduk usia ≥18 tahun dan cenderung meningkat seiring pertambahan usia. Sejalan dengan peningkatan jumlah lansia, hipertensi menjadi masalah kesehatan yang perlu mendapat perhatian khusus. Di Provinsi Jawa Tengah, prevalensi hipertensi pada lansia dilaporkan mencapai 32,5%.
Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran hipertensi pada lansia di Wilayah Kerja Puskesmas Lerep Kabupaten Semarang.
Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan observasional. Data yang digunakan merupakan data sekunder yang diperoleh dari rekam medis, buku register PTM, dan laporan Posyandu Lansia di Puskesmas Lerep. Populasi penelitian berjumlah 540 lansia dengan hipertensi, dengan sampel sebanyak 230 responden yang dipilih menggunakan teknik purposive sampling. Analisis data dilakukan secara univariat untuk menggambarkan distribusi frekuensi berdasarkan jenis kelamin, tingkat pendidikan, jenis pekerjaan, riwayat keluarga, dan derajat hipertensi**.**
Hasil: Hasil penelitian menunjukkan bahwa sebagian besar lansia dengan hipertensi berjenis kelamin perempuan sebanyak 132 orang (57,4%). Mayoritas responden berpendidikan SD sebanyak 101 orang (43,9%) dan bekerja sebagai ibu rumah tangga atau pensiunan sebanyak 151 orang (65,7%). Sebagian besar responden memiliki riwayat keluarga hipertensi sebanyak 160 orang (69,6%). Berdasarkan derajat hipertensi, mayoritas responden mengalami hipertensi derajat I sebanyak 166 orang (72,2%).
Kesimpulan: Hipertensi pada lansia di Wilayah Kerja Puskesmas Lerep didominasi oleh lansia perempuan, berpendidikan rendah, berstatus pekerjaan sebagai ibu rumah tangga atau pensiunan, memiliki riwayat keluarga hipertensi, serta sebagian besar berada pada kategori hipertensi derajat I.
Saran: Puskesmas Lerep diharapkan meningkatkan upaya promotif dan preventif melalui edukasi dan pemantauan tekanan darah rutin pada lansia.

Kata Kunci: hipertensi, lansia, gambaran hipertensi, puskesmas.

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CHARACTERISTIC DESCRIPTION OF ELDERLY HYPERTHESIS PATIENTS AT LEREP COMMUNITY HEALTH CENTER

ABSTRACT

Background: Hypertension is a non-communicable disease with a high prevalence among the elderly. In Indonesia, the 2018 Basic Health Research (Riskesdas) reported a hypertension prevalence of 34.1% among the population aged 18 years and older, with a trend increasing with age. As the elderly population increases, hypertension becomes a health issue that requires special attention. In Central Java Province, the prevalence of hypertension among the elderly was reported to reach 32.5%.
Objective: This study aims to determine the picture of hypertension in the elderly in the Lerep Community Health Center Work Area, Semarang Regency.
Method: This study employed a quantitative descriptive design with an observational approach. Secondary data were obtained from medical records, the NCD register, and reports from the Elderly Integrated Health Post (Posyandu) at the Lerep Community Health Center. The study population comprised 540 elderly people with hypertension, with a sample of 230 respondents selected using a purposive sampling technique. Data analysis was performed using univariate analysis to describe the frequency distribution based on gender, education level, occupation, family history, and degree of hypertension.
Results: The results showed that the majority of elderly people with hypertension were female (132 people) (57.4%). The majority of respondents had an elementary school education (101 people) (43.9%), and worked as housewives or retired (151 people) (65.7%). The majority of respondents had a family history of hypertension (160 people) (69.6%). Based on the degree of hypertension, the majority of respondents had grade I hypertension (166 people) (72.2%).
Conclusion: Hypertension in the elderly in the Lerep Community Health Center Work Area is dominated by elderly women, with low education, occupational status as housewives or retirees, have a family history of hypertension, and most are in the grade I hypertension category.
Suggestion: Lerep Community Health Center is expected to increase promotive and preventive efforts through education and routine blood pressure monitoring in the elderly.

Keywords: hypertension, elderly, hypertension picture, community health center.