

ABSTRAK

PERILAKU PENGENDALIAN HIPERTENSI PADA LANSIA DI WILAYAH KERJA PUSKESMAS RAWALO

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Latar Belakang: Lansia mengalami penurunan fungsi fisiologis sehingga rentan terhadap berbagai masalah kesehatan salah satunya hipertensi. Data Puskesmas Rawalo tahun 2023 menunjukkan penderita hipertensi terbanyak terjadi pada usia lansia yaitu sebanyak 3.251 jiwa. Lansia penderita hipertensi perlu melakukan pengendalian hipertensi untuk mencegah peningkatan tekanan darah dan mencegah komplikasi.

Tujuan: Mengetahui pengaruh antara pengetahuan, sikap, dan dukungan keluarga dengan perilaku pengendalian hipertensi pada lansia di Wilayah Kerja Puskesmas Rawalo.

Metode: Penelitian ini menggunakan desain *cross-sectional*, dilakukan pada bulan September 2024-Januari 2025 di wilayah kerja Puskesmas Rawalo dengan instrumen berupa kuesioner. Populasi sejumlah 2.763 lansia, dengan sampel sebanyak 103 menggunakan teknik *cluster random sampling*. Analisis data meliputi univariat, bivariat menggunakan uji *chi square* dan multivariat menggunakan uji regresi logistik ganda.

Hasil: Hasil analisis bivariat menunjukkan hubungan yang signifikan antara pengetahuan (*p value* = 0,001), sikap (*p value* = 0,029), dan dukungan keluarga (*p value* = 0,001) dengan perilaku pengendalian hipertensi pada lansia. Variabel yang paling berpengaruh terhadap perilaku pengendalian hipertensi pada lansia yaitu variabel dukungan keluarga dengan *p value* = 0,001; OR = 24,576; 95% CI 7,024-85,983.

Kesimpulan: Dukungan keluarga paling dominan mempengaruhi perilaku pengendalian hipertensi pada lansia. Oleh karena itu, disarankan kepada keluarga penderita hipertensi untuk meningkatkan dukungan instrumental agar hipertensi dapat dikendalikan dengan baik.

Kata Kunci: Hipertensi, Lansia, Pengetahuan, Sikap, Dukungan Keluarga

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ABSTRACT

HYPERTENSION CONTROL BEHAVIOR AMONG ELDERLY IN THE RAWALO COMMUNITY HEALTH CENTER AREA

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Background: The elderly experience a decrease in physiological function making them vulnerable to various health problems, one of which is hypertension. Data from the Rawalo Health Center in 2023 showed that the highest number of hypertensive patients occurred in the elderly age, namely 3,251 people. Elderly people with hypertension need to control hypertension to prevent an increase in blood pressure and prevent complications.

Objective: To determine the influence between knowledge, attitude, and family support with hypertension control behavior in the elderly in the Rawalo Health Center Working Area.

Method: This study used a cross-sectional design, conducted in September 2024-January 2025 in the working area of the Rawalo Health Center with a questionnaire instrument. The population was 2,763 elderly, with a sample of 103 using cluster random sampling technique. Data analysis includes univariate, bivariate using chi square test and multivariate using multiple logistic regression test.

Results: The results of the bivariate analysis showed a significant relationship between knowledge (p value = 0.001), attitude (p value = 0.029), and family support (p value = 0.001) with hypertension control behavior in the elderly. The variable that has the most influence on hypertension control behavior in the elderly was the family support variable with p value = 0.001; OR = 24.576; 95% CI 7.024-85.983.

Conclusion: Family support is most dominant in influencing hypertension control behavior in the elderly. Therefore, it is recommended for families of patients with hypertension to increase instrumental support so that hypertension can be controlled properly.

Keywords: Hypertension, Elderly, Knowledge, Attitude, Family Support

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