

ABSTRAK

PERBEDAAN MOTIVASI LANSIA DALAM PENGENDALIAN TEKANAN DARAH BERDASARKAN DERAJAT HIPERTENSI

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Latar belakang : Tekanan darah yang tidak terkontrol dapat menyebabkan komplikasi hipertensi. Agar hal tersebut tidak terjadi sehingga lansia perlu melakukan pengendalian tekanan darah. Dalam menjalani proses pengendalian tekanan darah diperlukan adanya motivasi. Motivasi pada setiap lansia pastinya berbeda sehingga penelitian ini bertujuan untuk melihat apakah terdapat perbedaan motivasi pada lansia dengan hipertensi derajat 1 dan derajat 2 dalam pengendalian tekanan darah.

Metodologi : Desain penelitian kuantitatif observasional analitik dengan pendekatan *cross sectional*. Jumlah sampel sebanyak 103 lansia di Desa Karang Asem yang didapatkan dengan teknik *simple random sampling*. Instrumen yang digunakan adalah kuesioner karakteristik responden dan kuesioner motivasi *Treatment Self-Regulation Questionnaire (TSRQ)*. Analisis data menggunakan uji *Mann-Whitney u test* dan uji normalitas data menggunakan uji *Kolmogorov Smirnov*.

Hasil : Mayoritas responden berusia 63 tahun, berjenis kelamin perempuan, berpendidikan SD/ sederajat. Sebagian besar responden berstatus menikah, tinggal bersama keluarga, dan memiliki riwayat hipertensi selama lebih dari 5 tahun. Responden memiliki tekanan darah pada derajat 1 dan derajat 2. Hasil penelitian menunjukkan tidak terdapat perbedaan motivasi antara lansia hipertensi derajat 1 dan derajat 2 dalam pengendalian tekanan darah ($p=0,097$)

Kesimpulan : Motivasi lansia sama dalam pengendalian tekanan darah baik pada hipertensi derajat 1 maupun derajat 2. Saran bagi responden agar dapat meningkatkan motivasi dalam mengontrol tekanan darah, bagi keluarga untuk dapat memberikan dukungan bagi responden, serta bagi perawat untuk dapat berperan sebagai motivator, edukator

Kata kunci : Hipertensi lansia, motivasi, pengendalian tekanan darah.

ABSTRACT

DIFFERENCE IN MOTIVATION OF THE ELDERLY IN BLOOD PRESSURE CONTROL BASED ON HYPERTENSION DEGREE

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Background : Uncontrolled blood pressure can lead to hypertension complications. To prevent this, the elderly need to manage their blood pressure effectively. Motivation plays a crucial role in this process, and it may vary among individuals. This study aims to determine whether there is a difference in motivation between elderly individuals with grade 1 and grade 2 hypertension in managing blood pressure.

Methodology : This study employed a quantitative observational analytic design with a cross-sectional approach. A total of 103 elderly participants from Karang Asem Village were selected using a simple random sampling technique. The research instruments included a respondent characteristics questionnaire and the Treatment Self-Regulation Questionnaire (TSRQ) for motivation assessment. Data analysis was conducted using the Mann-Whitney U test, while normality was tested using the Kolmogorov-Smirnov test.

Results : The majority of respondents were 63 years old, female, had an elementary school education or equivalent, were married, lived with their families, and had a history of hypertension for more than five years. Respondents were classified into grade 1 and grade 2 hypertension. The study results showed no significant difference in motivation between elderly individuals with grade 1 and grade 2 hypertension in blood pressure management ($p=0.097$).

Conclusion : The motivation of elderly individuals in blood pressure management is similar in both grade 1 and grade 2 hypertension. It is recommended that respondents enhance their motivation to control blood pressure, families provide support, and nurses take on roles as motivators and educators.

Keywords : Blood pressure control, elderly hypertension, motivation.