

ABSTRAK

Kondisi pandemi covid-19 yang menyerang seluruh dunia berdampak pada psikologis masyarakat yaitu kecemasan terutama lansia. Lansia mengalami tingkat kecemasan lebih tinggi dibandingkan lainnya karena covid-19 lebih menyerang cepat pada usia lanjut. Kecemasan yang dialami lansia dapat memicu kenaikan tekanan darah sehingga banyak lansia yang mengalami hipertensi. Tujuan penelitian ini untuk mengetahui hubungan tingkat kecemasan dengan kejadian hipertensi pada lansia selama pandemi covid-19 di Puskesmas Sindangkerta tahun 2022.

Metode penelitian menggunakan analitik korelasi dengan pendekatan *cross-sectional*. Populasi penelitian seluruh Lansia yang berobat ke Puskesmas Sindangkerta sebanyak 144 orang, sampel sebanyak 59 orang, dengan teknik *purposive sampling*. Instrumen pengukuran kecemasan menggunakan skala HARS, sedangkan hipertensi dengan pengukur tekanan darah secara langsung. Analisa data menggunakan analisis univariat dan bivariat *spearman rank*.

Hasil penelitian diperoleh hampir sebagian besar lansia (42.4%) tingkat kecemasan sedang selama pandemi covid-19, hampir seluruhnya lansia (86.4%) mengalami kejadian hipertensi, hasil uji statistik *spearman rank* diperoleh nilai $p\text{-value } (0.000) < \alpha 0.05$ yang berarti H_0 diterima maka diartikan terdapat hubungan antara tingkat kecemasan dengan kejadian hipertensi pada lansia selama pandemi covid-19. Hasil penelitian menunjukkan adanya hubungan antara tingkat kecemasan dengan kejadian hipertensi, oleh karena itu perlunya upaya peningkatan penyuluhan terkait upaya menghadapi kondisi pandemi, sehingga dapat mengurangi rasa cemas sehingga dapat menurunkan pula tekanan darah pada lansia.

Kata Kunci : Covid-19, Hipertensi, Lansia, Kecemasan
Kepustakaan : 15 Buku (2014-2019)
3Website (2017-2021)
13Jurnal (2018-2021)

ABSTRACT

The condition of the Covid-19 pandemic that has attacked the whole world has an impact on people's psychology, namely anxiety, especially the elderly. The elderly experience higher levels of anxiety than others because covid-19 attacks more quickly at an advanced age. Anxiety experienced by the elderly can trigger an increase in blood pressure so that many elderly people experience hypertension. The purpose of this study is to determine the relationship between anxiety levels and the incidence of hypertension in the elderly during the COVID-19 pandemic at the Sindangkerta Health Center in 2022.

The research method uses correlation analytics with a cross-sectional approach. The study population of all elderly people who went to the Sindangkerta Health Center was 144 people, a sample of 59 people, with purposive sampling techniques. The anxiety measurement instrument uses the HARS scale, while hypertension with direct blood pressure measurement. Data analysis using univariate and bivariate analysis.

The results of the study were obtained by almost most of the elderly (42.4%) moderate anxiety levels during the covid-19 pandemic, almost all the elderly (86.4%) experienced the incidence of hypertension, the results of the spearman rank statistical test obtained a value (-value (0.000) < α 0.05 which means H_a is accepted, it means that there is a relationship between the level of anxiety and the incidence of hypertension in the elderly during the covid-19 pandemic. The results showed a relationship between the level of anxiety and the incidence of hypertension, therefore the need for efforts to increase counseling related to efforts to deal with pandemic conditions, so as to reduce anxiety so that it can also reduce blood pressure in the elderly.

Keywords: Covid-19, Hypertension, Elderly, Anxiety

Libraries: 15 Book (2014-2019)

3Website (2017-2021)

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