

ABSTRAK

Hipertensi termasuk salah satu masalah kesehatan terbesar di dunia, utamanya di negara berkembang. Jumlah penyakit hipertensi di Provinsi Banten masih menempati proporsi terbesar dari seluruh PTM (Penyakit Tidak Menular) yang dilaporkan, yaitu sebesar 29,47%. Persentase penduduk yang dilakukan pemeriksaan tekanan darah tahun 2018 tertinggi di Kabupaten Pandeglang sebesar 33,53% (Riskesdas Banten, 2018). Puskesmas Menes periode bulan Januari-Maret 2022 hipertensi masuk dalam sepuluh penyakit terbanyak dengan jumlah kasus 155 orang.

Tujuan penelitian ini untuk mengetahui gambaran kualitas hidup pada lansia dengan hipertensi. Kualitas hidup adalah kemampuan individu untuk mendapatkan hidup yang normal, maka hal tersebut memberikan konsep kesehatan fisik individu, psikologi, hubungan sosial, rasa kepuasan dan pemenuhan hidup.

Jenis penelitian menggunakan Deskriptif Kuantitatif. Populasi sebesar 155 orang, teknik purposive sampling dengan hasil 61 sampel. Alat ukur menggunakan kuesioner, dan analisis yang digunakan dengan univariat.

Hasil penelitian didapatkan hampir seluruh 54 responden (88,5%) memiliki kualitas hidup baik, Hampir seluruh 47 responden (77,0%) kualitas kesehatan fisik cukup, Sebagian besar 45 responden (44,3%) kualitas psikologis cukup, sebagian besar 37 responden (60,7%) kualitas sosial kurang, Hampir seluruh 51 responden (83,6%) kualitas lingkungan baik. Kualitas hidup lansia dengan hipertensi di wilayah kerja puskesmas Menes mayoritas berkategori baik. Sebagai masukan kepada Puskesmas Menes untuk dapat membantu meningkatkan kualitas hidup lansia melalui berbagai program seperti posyandu lansia, puskesmas keliling, senam lansia serta penyuluhan tentang kesehatan lansia.

Kata Kunci : Hipertensi, Kualitas Hidup, Lansia

Daftar Pustaka : 15 Jurnal (2014-2022)

5 Buku (2015-2022)

3 Web (2018-2020)

ABSTRACT

Hypertension is one of the biggest health problems in the world, especially in developing countries. The number of hypertension diseases in Banten Province still occupies the largest proportion of all reported non-communicable diseases (NCDs), which is 29.47%. The percentage of the population whose blood pressure was checked in 2018 was the highest in Pandeglang Regency at 33.53% (Risksdas Banten, 2018). The Menes Health Center for the period January-March 2022, hypertension is included in the ten most diseases with 155 cases.

The purpose of this study was to describe the quality of life in the elderly with hypertension. Quality of life is an individual's ability to live a normal life, so it provides the concept of individual physical health, psychology, social relationships, a sense of satisfaction and fulfillment of life.

This type of research uses quantitative descriptive. The population of 155 people, purposive sampling technique with the results of 61 samples. The measuring instrument used a questionnaire, and the analysis used was univariate.

The results showed that almost all 54 respondents (88.5%) had a good quality of life, Almost all 47 respondents (77.0%) had sufficient physical health quality, Most of the 45 respondents (44.3%) had sufficient psychological quality, mostly 37 respondents (60.7%) have poor social quality. Almost all 51 respondents (83.6%) have good environmental quality. The quality of life of the elderly with hypertension in the working area of the Menes Public Health Center is in the good category. As input to the Menes Health Center to be able to help improve the quality of life for the elderly through various programs such as posyandu for the elderly, mobile health centers, elderly gymnastics and counseling about the health of the elderly.

Keywords : *Hypertension, Quality of Life, Elderly*

Bibliography : *15 Journals (2014-2022)*

5 Books (2015-2022)

3 Web (2018-2020)