

GAMBARAN KARAKTERISTIK DAN KADAR KOLESTEROL TOTAL PADA LANSIA DENGAN HIPERTENSI DI PUSKESMAS PASIRJATI KOTA BANDUNG

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ABSTRAK

Hiperkolesterol menyebabkan plak pada pembuluh darah sehingga mengalami penyempitan yang menyebabkan tekanan darah tinggi. Selain dari itu juga, hipertensi dipengaruhi oleh berbagai faktor seperti faktor karakteristik meliputi umur, jenis kelamin, keturunan, kebiasaan merokok, pola makan, pola aktivitas, IMT, kontrol rutin, penyakit penyerta dan lama menderita. Tujuan penelitian ini untuk mengetahui gambaran karakteristik dan kadar kolesterol total pada lansia dengan hipertensi di Puskesmas Pasirjati Kota Bandung. Jenis penelitian menggunakan deskriptif dengan populasi adalah lansia dengan hipertensi yang terdata di Puskesmas Pasirjati Kota Bandung sebanyak 372 orang. Sampel di ambil secara *purposive sampling* sehingga didapatkan 79 orang. Pengumpulan data dengan cara lembar ceklist dan lembar observasi. Analisis data menggunakan analisis univariat dengan distribusi frekuensi. Hasil penelitian didapatkan hampir seluruhnya lansia berumur 60-74 tahun sebanyak 78 orang (98,7%), sebagian besar lansia berjenis kelamin wanita sebanyak 49 orang (62%), hampir seluruhnya lansia tidak memiliki riwayat keturunan hipertensi sebanyak 67 orang (84,8%), sebagian besar lansia tidak merokok sebanyak 51 orang (64,6%), hampir seluruhnya lansia pola makan berusaha membatasi makanan yang digoreng, berlemak dan tinggi garam sebanyak 74 orang (93,7%), sebagian besar lansia melakukan olahraga setidaknya 30 menit 3x/minggu sebanyak 54 orang (68,4%), sebagian besar lansia dengan IMT normal sebanyak 42 orang (53,1%), hampir seluruhnya lansia melakukan kontrol rutin setiap 1 bulan sekali sebanyak 68 orang (86,1%), hampir seluruhnya tidak memiliki penyakit penyerta sebanyak 68 orang (86,1%) dan sebagian besar lansia lama menderita hipertensi 6-10 tahun sebanyak 42 orang (53,1%), sebagian besar lansia mengalami hiperkolesterol sebanyak 41 orang (51,9%). Simpulan didapatkan sebagian besar lansia hipertensi mengalami hiperkolesterol. Saran bagi tenaga kesehatan untuk memberikan edukasi supaya lansia dengan hipertensi mengontrol kadar kolesterol totalnya secara rutin dan menjaga pola makan.

Kata Kunci : Hiperkolesterol, Hipertensi, Lansia.

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DESCRIPTION OF CHARACTERISTICS AND TOTAL CHOLESTEROL LEVELS IN ELDERLY WITH HYPERTENSION AT PASIRJATI HEALTH CENTER BANDUNG

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ABSTRACT

Hypercholesterolemia causes plaque in the blood vessels to narrow, causing high blood pressure. Apart from that, hypertension is influenced by various factors such as characteristic factors including age, gender, heredity, smoking habits, diet, activity patterns, BMI, routine control, comorbidities and long suffering. The aim of this study was to determine the characteristics and total cholesterol levels of elderly people with hypertension at the Pasirjati Community Health Center, Bandung City. This type of research used descriptive research with a population of 372 elderly people with hypertension recorded at the Pasirjati Community Health Center, Bandung City. The sample was taken by purposive sampling so that 79 people were obtained. Data collection was done using checklist sheets and observation sheets. Data analysis uses univariate analysis with frequency distribution. The research results showed that almost all of the elderly aged 60-74 years were 78 people (98.7%), most of the elderly were female, 49 people (62%), almost all of the elderly had no hereditary history of hypertension, 67 people (84.8 %), the majority of elderly people do not smoke as many as 51 people (64.6%), almost all elderly people's diet tries to limit fried, fatty and high salt foods as many as 74 people (93.7%), the majority of elderly people do exercise at least 30 minutes 3x/week as many as 54 people (68.4%), mostly elderly people with normal BMI as many as 42 people (53.1%), almost all elderly people carry out routine control once a month as many as 68 people (86.1%), almost all of them do not have comorbidities, 68 people (86.1%) and most of the elderly have suffered from hypertension for 6-10 years, 42 people (53.1%), most of the elderly have hypercholesterolemia, 41 people (51.9%) . The conclusion was that the majority of hypertensive elderly had hypercholesterolemia. Suggestions for health workers to provide education so that elderly people with hypertension control their total cholesterol levels regularly and maintain their diet.

Keywords : Elderly, Hypercholesterolemia, Hypertension,
References : 31 books (2018-2023)
19 journal (2018-2023)