

ABSTRAK

Masalah yang dihadapi oleh lansia salah satunya adalah risiko jatuh. Jatuh pada lansia dikarenakan perubahan fungsi organ tubuh. Perubahan fungsi organ yang terjadi seperti perubahan fungsi neuron dapat menyebabkan gangguan fungsi kognitif. Selain dari itu risiko jatuh semakin tinggi dikarenakan adanya suatu penyakit seperti hipertensi. Tujuan dalam penelitian ini untuk mengetahui hubungan fungsi kognitif dengan risiko jatuh pada lansia penderita hipertensi di ruang Poli Geriatri RSUD Majalaya Kabupaten Bandung.

Jenis penelitian berupa deskriptif korelasi dengan pendekatan *cross sectional*, Populasi sebanyak 72 lansia, sampel sebanyak 42 orang dengan teknik pengambilan sampel yaitu *accidental sampling*. Pengumpulan data dilakukan dengan cara penilaian fungsi kognitif menggunakan *Mini Mental State Exam* (MMSE) dan penilaian risiko jatuh dengan *Time Up and Go Test* (TUGT). Analisis data menggunakan analisis univariat dan bivariat dengan *rank spearman*.

Hasil penelitian didapatkan bahwa fungsi kognitif lansia penderita hipertensi sebagian besar dengan gangguan kognitif ringan sebanyak 22 orang (52,4%), risiko jatuh pada lansia penderita hipertensi sebagian besar dengan risiko jatuh rendah ringan sebanyak 24 orang (57,1%), terdapat hubungan fungsi kognitif dengan risiko jatuh pada lansia penderita hipertensi di ruang Poli Geriatri RSUD Majalaya Kabupaten Bandung ($p\text{-value } 0,000 < 0,05$).

Gangguan fungsi kognitif juga bisa menyebabkan perlambatan waktu reaksi yang akan mengakibatkan lanjut usia mengalami kesulitan untuk mengantisipasi bila terjadi gangguan seperti terpeleset, tersandung, kejadian tiba-tiba sehingga memudahkan jatuh. Selain dari itu penyakit hipertensi yang diderita menyebabkan pusing ataupun berkunang-kunang terutama saat berdiri setelah duduk. Saran bagi rumah sakit mampu terus memberikan informasi kepada keluarga untuk mendampingi lansia dalam upaya mengurangi risiko jatuh.

Kata Kunci : Fungsi Kognitif, Hipertensi, Lansia, Risiko Jatuh

Sumber : 43 Buku (Tahun 2015-2017)

10 jurnal (Tahun 2015-2019)

ABSTRACT

One of the problems faced by the elderly is the risk of falling. Fall in the elderly is due to changes in organ function. Changes in organ function that occur such as changes in neuron function that can cause cognitive dysfunction. Apart from that, the risk of falling in the elderly is higher due to a disease such as hypertension. The purpose of this study was to determine the relationship between cognitive function and the risk of falling in elderly people with hypertension in the Geriatric Department of the RSUD Majalaya Kabupaten Bandung.

This type of research is a descriptive correlation with a cross-sectional approach, a population of 72 elderly, the sample was obtained as many as 42 people with the sampling technique, namely accidental sampling. The data was collected by means of assessment of cognitive function using the Mini Mental State Exam (MMSE) and assessment of the risk of falling with the Time Up and Go Test (TUGT). Data analysis used univariate and bivariate analysis with rank spearman.

The results showed that the cognitive function of elderly people with hypertension was mostly with mild cognitive disorders as many as 22 people (52.4%), the risk of falling in the elderly with hypertension was mostly with a low risk of mild falls as many as 24 people (57.1%), there is a relationship cognitive function with the risk of falling in the elderly with hypertension in the Geriatric Department of the Majalaya Hospital, Bandung Regency ($p\text{-value } 0,000 < 0.05$).

Impaired cognitive function can also cause a slowdown in reaction time which will make it difficult for the elderly to anticipate problems such as slips, trips, sudden events that make it easier to fall. Apart from that, the hypertension that is suffered causes dizziness or lightheadedness, especially when standing after sitting. Suggestions for the hospital to be able to continue to provide information to families to be able to assist the elderly in an effort to reduce the risk of falling.

Keywords : Cognitive Function, Elderly, Hypertension, Risk of Fall
Source : 43 Books (2015-2017)
10 journals (2015-2019)