

FAKTOR PENYEBAB HIPERTENSI PADA LANSIA DI PUSKESMAS PACAR KELING SURABAYA

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ABSTRAK

Hipertensi merupakan penyakit degeneratif yang sering timbul pada lansia dan tanpa gejala. Hipertensi dapat disebabkan oleh beberapa faktor yaitu: usia, jenis kelamin, faktor keturunan, jumlah konsumsi garam, obesitas, gaya hidup, stres, dan aktivitas fisik (olahraga). Tujuan penelitian ini untuk mengetahui faktor penyebab hipertensi pada lansia di Puskesmas Pacar Keling Surabaya. Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah lansia yang menderita hipertensi. Teknik *sampling* yang digunakan adalah *non-probability sampling* dengan teknik *purposive sampling*. Jumlah sampel penelitian adalah 146 lansia. Data yang didapatkan kemudian dianalisis secara deskriptif dalam bentuk tabel dan persentase. Penelitian ini menggunakan teknik pengumpulan data dengan cara pengisian kuesioner. Hasil penelitian menunjukkan bahwa faktor penyebab hipertensi jumlah konsumsi garam sebagian besar dalam kategori berlebih (80,1%), faktor penyebab hipertensi berat badan kegemukan (obesitas) sebagian besar mengalami obesitas (53,4%), faktor penyebab hipertensi gaya hidup sebagian besar dalam kategori berisiko (86,3%), faktor penyebab hipertensi stres sebagian besar lansia mengalami stres (54,8%), faktor penyebab hipertensi aktivitas fisik (olahraga) sebagian besar dalam kategori berisiko (74,7%). Hendaknya pihak puskesmas terus meningkatkan kualitas pelayanan dengan melakukan penyuluhan dan pemasangan poster tentang gaya hidup sehat untuk penderita hipertensi serta peningkatan peran petugas dalam membimbing lansia untuk pemeriksaan rutin gejala dan penyebab hipertensi pada lansia.

Kata Kunci: Faktor Penyebab, Hipertensi, Lansia

FACTORS CAUSING HYPERTENSION IN THE ELDERLY AT PACAR KELING HEALTH CENTER SURABAYA

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ABSTRACT

Hypertension is a degenerative disease that often occurs in the elderly and is asymptomatic. Hypertension can be caused by several factors, namely: age, gender, hereditary factors, amount of salt consumption, obesity, lifestyle, stress, and physical activity (sports). The purpose of this study was to determine the factors causing hypertension in the elderly at the Pacar Keling Health Center, Surabaya. This type of research is descriptive research with a cross-sectional approach. The population in this study were elderly people with hypertension. The sampling technique used was non-probability sampling with a purposive sampling technique. The number of research samples was 146 elderly people. The data obtained were then analyzed descriptively in the form of tables and percentages. This study used data collection techniques by filling out questionnaires. The results of the study showed that the factors causing hypertension were the amount of salt consumption, most of which were in the excessive category (80.1%), the factors causing hypertension were overweight (obesity), most of which were obese (53.4%), the factors causing hypertension were lifestyle, most of which were in the risky category (86.3%), the factors causing hypertension were stress, most of which were elderly people who were stressed (54.8%), the factors causing hypertension were physical activity (sports), most of which were in the risky category (74.7%). The health center should continue to improve the quality of services by providing counseling and installing posters about a healthy lifestyle for hypertension sufferers and increasing the role of officers in guiding the elderly for routine checks on symptoms and causes of hypertension in the elderly.

Keywords: Causal Factors, Hypertension, Elderly