

# Hubungan dukungan keluarga dengan kualitas hidup lansia hipertensi di wilayah kerja Puskesmas Jekan Raya kota Palangka Raya = The correlation of family support with quality of life of elderly hypertention in Jekan Raya Public Health Center, Palangka Raya

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## Abstrak

Jumlah lansia hipertensi di Puskesmas Jekan Raya meningkat. Pengamatan lapangan, keluarga kurang memberikan dukungan dalam pengendalian hipertensi, sehingga menganggap sembuh jika tekanan darah lansia menurun. Tujuan penelitian mengetahui hubungan dukungan keluarga dengan kualitas hidup lansia. Desain menggunakan cross sectional pada 108 lansia dan keluarga, dengan teknik kluster proporsional. Hasil menunjukkan ada hubungan dukungan keluarga dengan kualitas hidup lansia. Kesimpulannya semua elemen dukungan keluarga berhubungan bermakna terutama dukungan penghargaan. Faktor paling dominan adalah dukungan penghargaan ( $p=0,000$ ) setelah dikontrol dengan pendidikan, penghasilan, asuransi kesehatan. Direkomendasikan pada pengambil keputusan keperawatan lansia agar meningkatkan program kesehatan lansia berbasis keluarga untuk meningkatkan kualitas hidup lansia.

<hr>Number of elderly hypertension was increased in Jekan Raya Public Health Center. Field observations, less family support in the control of hypertension, so consider elderly cured if blood pressure decreased. The purpose of this research was determined the correlation of family support quality of life of the elderly. Used cross-sectional design in 108 elderly and families, with a proportional cluster technique. Results showed correlation of family support with quality of life of elderly. In conclusion all the elements related to family support, especially award support. The most dominant factor was the award support ( $p = 0.000$ ) after controlled by education, income, health insurance. Recommended in elderly nursing decision makers in order to improve the health of the elderly family-based programs to improve the quality of life of the elderly.