

Gambaran perilaku lansia dengan hipertensi di panti sosial tresna werdha (PSTW) wilayah DKI Jakarta = The description of elderly hypertension behavior in DKI Jakarta residential homes

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Abstrak

[Hipertensi merupakan penyakit degeneratif yang sering terjadi pada lanjut usia. Perilaku atau gaya hidup diketahui sebagai salah satu faktor resiko hipertensi. Tujuan Penelitian ini adalah untuk mengetahui gambaran perilaku lansia dengan hipertensi di PSTW wilayah DKI Jakarta. Penelitian ini menggunakan desain deskriptif kuantitatif dan menggunakan kuesioner terhadap 107 lansia hipertensi yang dipilih dengan menggunakan metode sampling quota. Penelitian ini menggunakan analisis univariat. Hasil penelitian ini adalah mayoritas lansia mengalami hipertensi tahap 152,2 dengan karakteristik berusia 60-74 tahun 51,4 jenis kelamin laki laki 57,9 tingkat pendidikan rendah 61,7 nilai IMT kurus tingkat ringan 80,4 tidak merokok 78,5 tidak minum kopi 74,7 rutin mengikuti aktivitas senam 66,4 dan rutin mengikuti kegiatan keagamaan 75,7. Perilaku lansia hipertensi mayoritas adalah maladaptif 70,1 dengan komposisi pengetahuan rendah 76,6 sikap positif 58,9 dan keterampilan baik 57. Pemberi pelayanan kesehatan di PSTW wilayah DKI Jakarta diharapkan meningkatkan pengawasan serta mengedukasi lansia untuk meningkatkan perilaku hidup sehat.

.....Hypertension is a common degenerative disease in elderly Life style behavior known as one of hypertension risk factors The purposed of this research is to describe the behavior of elderly with hypertension in residential homes in DKI Jakarta. This research uses quantitative descriptive design and uses a questionnaire completed by 107 elderly with hypertension that selected by quota sampling method. This research uses univariate analytic It found that most elderly have type 1 hypertension 52,2 that characterized by the age 60-74 years old 51,4 male gender 9 low education 61.7 underweight BMI 80.4 do not smoke 78,5 do not drink coffee 74,7 follow a routine physical activity 66,4 and routine religious activity 75,7. The most elderly hypertension behavior is maladaptive 70,1 with composition low knowledge 76,6 positive affective 58,9 and good practice 57. Health care providers are expected to increase supervision and education for elderly to increase health behavior., Hypertension is a common degenerative disease in elderly Life style behavior known as one of hypertension risk factors The purposed of this research is to describe the behavior of elderly with hypertension in residential homes in DKI Jakarta This research uses quantitative descriptive design and uses a questionnaire completed by 107 elderly with hypertension that selected by quota sampling method This research uses univariate analytic It found that most elderly have type 1 hypertension 52 2 that characterized by the age 60 74 years old 51 4 male gender 9 low education 61 7 underweight BMI 80 4 do not smoke 78 5 do not drink coffee 74 7 follow a routine physical activity 66 4 and routine religious activity 75 7 The most elderly hypertension behavior is maladaptive 70 1 with composition low knowledge 76 6 positive affective 58 9 and good practice 57 Health care providers are expected to increase supervision and education for elderly to increase health behavior]