

## Prevalensi dan determinan hipertensi di Posyandu Lansia Wilayah Kecamatan Pasar Rebo Jakarta Timur tahun 2010 = Prevalence and determinants of hypertension in Elderly Health Care Pasar Rebo District East Jakarta 2010

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### Abstrak

Populasi lanjut usia di Indonesia semakin meningkat. Kenaikan hipertensi sejalan dengan penambahan usia. Hipertensi merupakan faktor risiko utama penyakit kardiovaskuler. Sekitar 50% kejadian kardiovaskuler di sebabkan oleh hipertensi. Lansia merupakan kelompok rentan terhadap hipertensi. Prevalensi hipertensi pada lansia di Indonesia cukup tinggi diperkirakan sekitar 20-30%. Di puskesmas kecamatan Pasar Rebo hipertensi menempati urutan pertama dari 10 penyakit terbanyak yang diderita oleh lansia selama tahun 2009-2010.

Penelitian ini bertujuan untuk mengetahui prevalensi dan determinan hipertensi di posyandu lansia. Desain penelitiannya adalah cross sectional melalui observasi data sekunder hasil pemeriksaan kesehatan di 10 posyandu lansia pada bulan Desember 2010, berjumlah 270 responden. Hasil penelitian didapatkan prevalensi hipertensi sebesar 48,9%. Kejadian hipertensi cukup tinggi pada lansia yang tinggal di wilayah kelurahan Pekayon yaitu sebesar 55,4%, berumur 70 tahun ke atas yaitu sebesar 65,4%, berjenis kelamin laki-laki yaitu sebesar 67,5%, mengalami kegemukan (58,8%), ada gangguan mental/emosional (58,5%), serta mengidap penyakit diabetes Mellitus (68,8%).

Hasil uji statistik menunjukkan ada hubungan yang bermakna antara umur, jenis kelamin, dan kegemukan terhadap kejadian hipertensi ( $p=0,05$ ). Sedangkan pada variabel gangguan emosional dan riwayat penyakit DM tidak ada hubungan yang bermakna secara statistik. Upaya pengontrolan berat badan lansia perlu dilakukan untuk menurunkan kejadian hipertensi.

The population of elderly in Indonesia was increased. As known, hypertension would be increased by age. Hypertension is a major risk factor for cardiovascular disease. About 50% of cardiovascular disease caused by hypertension. Elderly is very potential to become hypertension. Prevalence hypertension of elderly in Indonesian estimated about 20-30%. In health center of Pasar Rebo district, hypertension was number one of ten most disease suffered by elderly during 2009-2010. There is an urgent need to gather information about prevalence and various blood pressure risk factors in elderly health care.

This study using cross sectional methodology by observation secondary data of elderly health status from 10 elderly health care in Pasar Rebo district, Desember 2010. The purpose of this study was to investigate prevalence and determinants of hypertension in elderly care. The total of responden was 270 elderly.

The result of this study showed that prevalence hypertension is about 48,9%. Hypertension was high in the elderly who live in Pekayon (57%), in the age group more than 70 years old (65,4%), male sex that is about 67.5%, with overweight (58, 8%), with mental /emotional disorder (58.5%), and with diabetes mellitus (68.8%). Statistical test results also showed that there is significant relationship between age, gender, and overweight with hypertension. While the variable of mental/emotional disorder and history of DM disease has no significant relationship. Controlling of body mass index for elderly is recommended to decrease hypertension.