

## Pengendalian faktor risiko hipertensi pada agregat lansia melalui kunjungan rumah

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### Abstrak

Kunjungan rumah yang merupakan bentuk pelayanan keperawatan yang dilakukan di rumah lansia, berfungsi untuk mengendalikan faktor risiko hipertensi pada agregat lansia. Penelitian ini bertujuan untuk mengetahui perbedaan pengendalian faktor risiko hipertensi pada agregat lansia yang sudah dan belum mendapatkan kunjungan rumah di sebuah Kelurahan di Depok. Penelitian ini menggunakan desain deskriptif komparatif dengan pendekatan cross sectional. Melalui teknik cluster random sampling diperoleh 176 lansia yang terbagi dalam kelompok yang mendapatkan kunjungan rumah dan yang tidak. Data dianalisis dengan chi square, independent t-test dan Mann Withney test. Hasil penelitian membuktikan bahwa pengaturan diet, pembatasan perilaku merokok, manajemen stres, pengendalian tekanan darah, pengaturan perilaku berolahraga dan status gizi lansia yang mendapatkan kunjungan rumah lebih baik dibandingkan lansia yang tidak. Tingkat stress, tekanan darah sistolik dan diastolik pada agregat lansia dengan hipertensi yang belum mendapatkan kunjungan rumah lebih tinggi dibandingkan lansia yang mendapatkan kunjungan rumah. Upaya promotif dan preventif yang dilakukan perawat komunitas melalui kunjungan rumah dapat mengendalikan faktor risiko hipertensi pada agregat lansia.

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Control of Hypertension Risk Factors among High Risk Elderly People through Home Visits. Home visit is a home health nursing service that might reduce the incidence of hypertension among the elderly aggregate. The aims of this study was to determine differences in risk factors for hypertension control in the elderly aggregate who have and have not received home visits at a Village in Depok. This research employed a descriptive comparative design with cross-sectional approach. Total sample of 176 elderly were randomized into 2 groups; among others were 88 elderly people who have been visited and 88 elderly people who have not been visited. Data were analyzed using a statistical test chi square, independent t-test and Mann Withney test. The results showed that diet, restriction of smoking behavior, stress management, blood pressure control, and arrangement of exercise behavior and nutritional status of elderly who have received a home visit was better than the elderly who have not received home visits. The stress level, and the systolic and diastolic blood pressure in the elderly aggregate with hypertension who have not received a home visit was higher than the elderly who have received home visits. Promotive and preventive efforts undertaken by the community nurses through home visits could control the risk factors of hypertension among the elderly aggregate.