



UNIVERSITAS ANDALAS

**HUBUNGAN KENAIKAN TEKANAN DARAH DENGAN
KUALITAS HIDUP LANSIA DI WILAYAH KERJA
PUSKESMAS ANDALAS TAHUN 2019**



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FAKULTAS KESEHATAN MASYARAKAT

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MEGA MAHARANI, No.BP. 1511211003

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HIDUP LANSIA DI WILAYAH KERJA PUSKESMAS ANDALAS 2019**

xi + 80 halaman, 25 tabel, 2 gambar, 7 lampiran

ABSTRAK

Tujuan

Penyakit terbanyak yang diderita lansia berdasarkan Riskesdas 2013 adalah tekanan darah tinggi (57,6%). Lansia dengan tekanan darah tinggi 4,6 kali hidupnya kurang berkualitas dibandingkan dengan lansia yang tidak menderita tekanan darah tinggi. Penelitian ini bertujuan untuk mengetahui hubungan kenaikan tekanan darah dengan kualitas hidup lansia di wilayah kerja Puskesmas Andalas tahun 2019.

Metode

Jenis penelitian kuantitatif dengan desain *cross sectional*. Dilakukan pada Bulan Januari 2020. Populasi yaitu seluruh lansia yang tinggal di wilayah kerja Puskesmas Andalas dengan jumlah sampel 65 orang. Teknik pengambilan sampel dengan *multiple stage sampling*. Pengumpulan data melalui wawancara kuesioner dan dianalisis secara univariat, bivariat (uji *chi-square*), dan stratifikasi (uji Mantel Haenzel).

Hasil

Hasil analisis univariat diperoleh persentase kualitas hidup lansia kurang baik sebanyak 60%, hipertensi 61,5%, pengetahuan kurang 58,5%, tidak bekerja 78,5%, riwayat lingkungan pekerjaan yang buruk 69,2%. Hasil uji statistik *chi-square* diperoleh hubungan antara kenaikan tekanan darah ($p=0,001$; $POR=7,319$; 95% $CI=2,386-22,458$), pengetahuan ($p=0,003$; $POR=5,478$; 95% $CI=1,858-16,153$), dan riwayat lingkungan pekerjaan ($p=0,003$; $POR=0,097$; 95% $CI=0,020-0,469$) dengan kualitas hidup lansia. Pekerjaan ($p=0,498$; $POR=0,527$; 95% $CI=0,146-1,906$) tidak berhubungan dengan kualitas hidup lansia. Hasil analisis mantel haenzel diperoleh pengetahuan dan lingkungan *confounding* terhadap hubungan kenaikan tekanan darah dengan kualitas hidup lansia.

Kesimpulan

Kenaikan tekanan darah, pengetahuan, dan riwayat lingkungan pekerjaan berhubungan dengan kualitas hidup lansia sedangkan pekerjaan tidak berhubungan dengan kualitas hidup lansia. Pengetahuan dan riwayat lingkungan pekerjaan *confounding* terhadap hubungan kenaikan tekanan darah dengan kualitas hidup lansia.

Daftar Pustaka : 62 (2000-2019)

Kata Kunci : Kenaikan Tekanan Darah, Kualitas Hidup, Lansia.

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP OF RISING BLOOD PRESSURE WITH ELDERLY
LIFE QUALITY AT WORKING AREA OF ANDALAS COMMUNITY
HEALTH CENTER IN 2019**

xi + 80 pages, 25 tables, 2 images, 7 attachments

ABSTRACT

Objective

The most suffered diseases by the elderly based on Riskesdas in 2013 were high blood pressure (57,6%). Elderly with high blood pressure at risk 4,6 times his life is less quality compared to the elderly who don't have high blood pressure. The aims of this study was to determine the relationship between rising blood pressure with elderly life quality at working area of Andalas Community Health Center in 2019.

Method

This type of research is quantitative with cross sectional design. Was conducted in January 2020. The population is all elderly who live in the working area of Andalas Community Health Center with a sample of 65 people. The technique of sampling with multiple stage sampling. Data collected through questionnaire interview and analyzed by univariate, bivariate (chi-square test), and stratified (mantel haenzsel test).

Result

Univariate analysis obtained the percentage of poor elderly life quality is 60%, hypertension 61,5%, lack of knowledge 58,5%, doesn't work 78,5%, and poor work environment history 69,2%. Chi-square statistical results obtained the relationship between rising blood pressure ($p=0,001$; $POR=7,319$; $95\% CI=2,386-22,458$), knowledge ($p=0,003$; $POR=5,478$; $95\% CI=1,858-16,153$), and work environment history ($p=0,003$; $POR=0,097$; $95\% CI=0,020-0,469$) with the elderly life quality. Work is not related to the elderly life quality ($p=0,498$; $POR=0,527$; $95\% CI=0,146-1,906$). Mantel Haenzsel analysis results obtained knowledge and work environment history are confounding in the relationship of rising blood pressure with the elderly life quality.

Conclusion

The rising blood pressure, knowledge, and work environment history are related to the elderly life quality while work is not related to the elderly life quality. Knowledge and work environment history are confounding in the relationship of rising blood pressure with the elderly life quality.

Bibliography : 62 (2000-2019)

Keywords : Rising Blood Pressure, Life Quality, Elderly.