

ABSTRAK

Hipertensi merupakan penyakit degeneratif yang banyak dialami lansia karena adanya penurunan kondisi fisik dan fisiologis. Hipertensi memberikan dampak negatif terhadap domain fisik, psikologis, sosial dan lingkungan sehingga dapat menurunkan kualitas hidup pada lansia. Penelitian ini bertujuan untuk mengidentifikasi gambaran kualitas hidup lansia dengan hipertensi di Kampung Pulo Jahe Kelurahan Jatinegaras Kota Jakarta Timur.

Penelitian ini merupakan penelitian jenis kuantitatif dengan metode deskriptif. Penelitian menggunakan *total sampling* dengan jumlah sampel sebanyak 126 lansia dengan hipertensi. Penelitian dilakukan dengan menggunakan instrumen *World Health Organization Quality of Life – Abbreviated Form* (WHOQoL-BREF). Penelitian ini menggunakan analisis univariat.

Hasil penelitian menunjukkan bahwa lansia dengan hipertensi di Kampung Pulo Jahe memiliki kualitas hidup secara umum baik (65,1%), dimana dimensi kesehatan fisik buruk (55,6%), psikologis baik (61,1%), hubungan sosial baik (59,5%) dan lingkungan baik (76,2%).

Keseluruhan kualitas hidup lansia hipertensi di Kampung Pulo Jahe baik kecuali pada dimensi kesehatan fisik. Kualitas hidup baik ditemukan pada lansia yang memiliki hipertensi derajat 1, lama mengidap 1-5 tahun, rutin memeriksakan tekanan darah, teratur konsumsi obat antihipertensi dan tidak memiliki penyakit penyerta. Kader dan petugas kesehatan setempat dapat berperan dalam membantu lansia mencapai kualitas hidup optimal dengan optimalisasi program posbindu lansia, pemberian informasi dan edukasi serta pendampingan agar lansia dapat memahami, menyesuaikan diri dan mengatasi kondisinya. Perlu penelitian lebih lanjut terkait hubungan persepsi dengan kualitas hidup lansia dengan hipertensi.

Kata kunci: Lansia, Hipertensi, Kualitas Hidup.

ABSTRACT

Hypertension is a degenerative disease that many elderly have due to decreased physical and physiological conditions. Hypertension causes negative impact on the physical, psychological, social and environmental domains so that it can reduce the quality of life in elderly. This study aims to identify the description of the quality of life in elderly with hypertension in Kampung Pulo Jahe, Jatinegara Village, East Jakarta City.

This is a quantitative study with descriptive method. This study used total sampling with a total sample of 167 elderly with hypertension. The research was conducted using the World Health Organization Quality of Life – Abbreviated Form (WHOQoL-BREF) instrument. This study uses univariate analysis.

The results showed that the elderly with hypertension in Kampung Pulo Jahe had good quality of life in generally (65.1%), dimension of physical health were poor (55.6%), dimension of psychological function was good (61.1%), dimension of social function was good (59.5%) and dimension of environment was good (76.2%).

The overall quality of life elderly with hypertension in Kampung Pulo Jahe was good except for the dimension of psychological function. A good quality of life was found in the elderly who had grade 1 hypertension, had it for 1-5 years, regularly have their blood pressure checked, regularly take antihypertensive drugs and had no comorbidities. Cadres and health workers have role in helping the elderly achieve optimal quality of life by optimization of the elderly posbindu program, providing information, education and mentoring so that the elderly can understand their condition. Further research is needed regarding the relationship between perception and the quality of life of the elderly with hypertension.

Keywords: *Elderly, Hypertension, Quality of Life.*