

**HUBUNGAN DERAJAT HIPERTENSI TERHADAP KEPATUHAN *SELF CARE MANAGEMENT* PADA LANSIA DI WILAYAH KERJA PUSKESMAS SEDAYU II BANTUL YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Lansia hipertensi masih menjadi permasalahan kesehatan utama. Berdasarkan data dari kementerian Kesehatan RI untuk riset kesehatan dasar tahun 2013 bahwa penyakit hipertensi menjadi salah satu penyakit yang tertinggi di alami oleh lansia. Prevalensi menurut kelompok umur 55-56 tahun sebesar 45,9%, usia lansia 65-74 tahun sebesar 57,6% dan usia di atas 75 tahun sebesar 63,8%. Hipertensi terjadi karena disebabkan oleh faktor genetik, obesitas, diet, tinggi natrium, tidak pernah olahraga, mengkonsumsi alkohol.

**Tujuan Penelitian:** Mengetahui hubungan derajat hipertensi terhadap kepatuhan *self care management* pada lansia di wilayah kerja Puskesmas Sedayu II Bantul Yogyakarta.

**Metode Penelitian:** Penelitian ini merupakan penelitian kuantitatif dengan metode pendekatan rancangan *cross sectional*. Populasi dalam penelitian ini jumlah sampel 106 responden dengan rumus *solvin* yang di ambil dengan teknik *purposive sampling*. Rencana analisis data menggunakan *Spearman's*.

**Hasil Penelitian:** Penelitian ini menunjukkan bahwa derajat hipertensi dengan *self care management* pada lansia di Puskesmas Sedayu 2 Bantul Yogyakarta mengalami derajat hipertensi buruk derajat dua 50 (47,2). Hasil uji statistik *Spearman's* di dapatkan hasil derajat hipertensi dengan *self care management* dengan nilai *p-value* sebesar 0,004 ( $P < 0,05$ ), maka hipotesis diterima artinya terdapat hubungan derajat hipertensi dengan *self care management* pada lansia hipertensi.

**Kesimpulan:** Terdapat hubungan derajat hipertensi dengan *self care management* pada lansia di Puskesmas Sedayu II Bantul Yogyakarta.

**Kata kunci:** Derajat Hipertensi, Lansia, *Self Care Management*.

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**RELATIONSHIP OF HYPERTENSION LEVEL TO SELF CARE  
MANAGEMENT OBEDIENCE ON ELDERLY AT PUSKESMAS  
SEDAYU II BANTUL YOGYAKARTA WORKING AREA**

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**ABSTRACT**

**Background:** Hypertensive elderly are still be a major health problem. Based on Indonesian Ministry of Health data, for basic health research on 2013 that hypertension is one of the highest disease which experienced by elderly. Prevalence by age group 55-56 years old amount 45,9%, 65-74 years old amount 57,6% and age over 75 years old amount 63,8%. Hypertension occurs by genetics factor, obesity, high sodium diet, no physical exercise and alcohol consumption.

**Purpose:** To identify the relationship of hypertension level to self care management obedience on elderly at puskesmas sedayu II bantul Yogyakarta working area.

**Research methods:** This research showed that the hypertension scale and self care management on elderly at puskesmas sedayu II bantul Yogyakarta have bad on the second level is 50 (47,2). The statistics result by Spearman's show that hypertension scale and self care management with p-value amount 0,004 ( $p < 0,05$ ), the hypothesis has accepted that means there are relationship of hypertension level to self care management on hypertension level to self care management on hypertensive elderly.

**Research results:** This study showed that the degree of hypertension with self care management on the elderly in Sedayu Bantul Yogyakarta working area have bad hypertension degrees two 50 (47.2). The results of statistical tests in Spearman's get the degree of hypertension level with self care management with value p-value of 0.004 ( $P < 0.05$ ), then the hypothesis is accepted means there are relationship degree hypertension with self care management in the elderly hypertensive.

**Conclusion:** There relationship of hypertension level to self care management obedience on elderly puskesmas Sedayu Bantul Yogyakarta working area.

**Key words:** Hypertension level, Elderly, Self Care Management.

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