

**HUBUNGAN ANTARA TINGKAT PENGETAHUAN DENGAN  
PENGENDALIAN HIPERTENSI PADA LANSIA DI DUSUN  
KARANG KULON WUKIRSARI IMOIRI  
BANTUL 2011<sup>1</sup>**

Fitri Nurida<sup>2</sup>, Hamam Hadi<sup>3</sup>, Muhammad Nur Hasan<sup>4</sup>

**INTISARI**

**Latar belakang** : Usia diatas 60 tahun atau yang sering disebut dengan lansia (UU No.13 tahun 1998) memiliki banyak masalah-masalah kesehatan. Resiko tertinggi terkena tekanan darah tinggi atau hipertensi ada pada lansia, karena semakin tua tekanan darah akan bertambah tinggi. Prevalensi hipertensi di seluruh dunia, diperkirakan sekitar 15-20%. Hipertensi lebih banyak menyerang pada golongan umur 55-64 tahun, dengan prevalensi sebesar 30-65%. Hipertensi sebenarnya merupakan penyakit yang dapat dicegah bila faktor risiko dapat dikendalikan. Upaya tersebut meliputi monitoring tekanan darah secara teratur, program hidup sehat tanpa asap rokok, peningkatan aktivitas fisik/gerak badan, diet yang sehat dengan kalori seimbang melalui konsumsi tinggi serat, rendah lemak dan rendah garam.

**Tujuan penelitian** : Untuk mengetahui hubungan antara tingkat pengetahuan dengan pengendalian hipertensi pada lansia di Dusun Karang Kulon Wukirsari Imogiri Bantul.

**Metode penelitian** : Jenis penelitian deskriptif analitik dengan pendekatan *Cross sectional*. Sampel diambil dengan teknik *total sampling*, yaitu semua lansia yang ada di Dusun Karang Kulon Wukirsari Imogiri Bantul yang memenuhi kriteria inklusi dan eksklusi. Menggunakan korelasi *Chi square* dengan tingkat kepercayaan 95%.

**Hasil penelitian** : Hasil penelitian menunjukkan bahwa tingkat pengetahuan lansia di Dusun Karang Kulon Wukirsasi Imogiri Bantul tentang hipertensi sebanyak 58 orang (45,7%) dalam kategori cukup, sedangkan pengendalian hipertensi 50,4% responden dalam kategori cukup. Dari hasil uji *Chi square* didapatkan nilai  $\chi^2$  hitung 0,025 dan probabilitas dibawah 0,05 ( $0,025 < 0,05$ ), sehingga  $H_0$  diterima.

**Kesimpulan** : Ada hubungan yang signifikan antara tingkat pengetahuan dengan pengendalian hipertensi pada lansia di Dusun Karang Kulon Wukirsari Imogiri Bantul.

**Kata kunci** : Lansia, hipertensi, pengetahuan tentang hipertensi, pengendalian hipertensi.

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**RELATIONSHIP BETWEEN KNOWLEDGE WITH CONTROL  
HYPERTENSION OF ELDERLY IN THE HAMLET  
OF KARANG KULON WUKIRSARI IMOIRI  
BANTUL 2011<sup>1</sup>**

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**ABSTRACT**

**Background :** Over 60 years of age or older who is often referred to (Act No. 13 of 1998) has many health problems. The highest risk of high blood pressure or hypertension is at the elderly, because the older the blood pressure will increase in height. Prevalence of hypertension in the world, estimated at about 15-20%. Hypertension is more common in the age group 55-64 years, with a prevalence of 30-65%. Hypertension is a disease that can actually be prevented if risk factors can be controlled. These efforts include regular blood pressure monitoring, healthy living programs smokeless tobacco, increasing physical activity / exercise, healthy diet with calorie balanced through the consumption of high fiber, low fat and low salt.

**Objectives :** To determine the relationship between knowledge with with controlling hypertension of elderly in the hamlet of Karang Kulon Wukirsari Imogiri Bantul.

**Methods :** Type a descriptive analytic study with cross sectional approach. Samples were taken with a total sampling techniques, namely all the elderly in the Hamlet of Karang Kulon Wukirsari Imogiri Bantul who meet inclusion and exclusion criteria. Using the correlation *Chi square* with 95% confidence degree.

**Results :** The results showed that the level of knowledge of the elderly in the hamlet of Karang Kulon Wukirsasi Imogiri Bantul of hypertension were 58 people (45.7%) in the category enough, while to controlling hypertension, 50.4% of respondents in the category enough. From the Chi square test results obtained value of  $\chi^2$  calculate the probability of 0.025 and below 0.05 ( $0.025 < 0.05$ ), so  $H_a$  is received.

**Conclusion :** There was a significant relationship between knowledge with controlling hypertension of elderly in the Hamlet of Karang Kulon Wukirsari Imogiri Bantul.

**Key words :** Elderly, hypertension, knowledge about hypertension, control of hypertension

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