

ABSTRAK

ZAHRATUL JANNAH. Gambaran Faktor Risiko Kejadian Hipertensi pada Lansia di Puskesmas RI Muara Fajar Tahun 2024. Dibimbing oleh MUHARNI.

Hipertensi disebut juga sebagai “*the silent killer*” (pembunuh diam-diam) karena tidak bergejala pada penderitanya sampai akhirnya muncul komplikasi yang mengakibatkan kerusakan organ. Tujuan penelitian ini menganalisis faktor risiko kejadian hipertensi pada lansia di Puskesmas Rawat Inap (RI) Muara Fajar. Penelitian ini bersifat deskriptif dengan desain *cross sectional*. Sampel diambil dengan metode *purposive sampling* yang berjumlah 30 orang. Data yang dikumpulkan terdiri dari asupan natrium menggunakan SQ-FFQ, data status gizi menggunakan metode antropometri, dan hasil pengukuran tekanan darah responden. Data penelitian diolah secara deskriptif. Hasil penelitian menunjukkan sebagian besar responden (90%) berusia 60-74 tahun. Lebih dari setengah responden (67%) berjenis kelamin perempuan. Sebagian besar responden (80%) mengalami pra-hipertensi. Hampir setengah dari responden (47%) memiliki status gizi obesitas dan sebagian besar responden (77%) memiliki asupan natrium berlebih. Diharapkan pihak puskesmas memberikan penyuluhan kepada anggota keluarga responden untuk mengingatkan minum obat setiap hari terutama pada jam yang sama serta gunakan kotak obat harian atau alarm di jam dinding/ponsel supaya tidak lupa mengonsumsi obat anti hipertensi dan Bagi Penelitian Selanjutnya diharapkan penelitian ini dilanjutkan dengan meneliti faktor-faktor risiko hipertensi pada lansia dengan variabel lain seperti faktor stress, gaya hidup, merokok dan lainnya.

Kata kunci: hipertensi, lansia, asupan natrium

ABSTRACT

ZAHRATUL JANNAH. Overview of Risk Factors for Hypertension in the Elderly at the Muara Fajar Indonesian Health Center in 2024. Supervised by MUHARNI.

Hypertension is also known as "the silent killer" because it shows no symptoms in sufferers until complications arise that cause organ damage. The aim of this study was to analyze the risk factors for the incidence of hypertension among the elderly at the muara fajar inpatient health center (ri). This research is descriptive with a cross-sectional design. The sample consisted of 30 people selected using purposive sampling. The data collected included sodium intake using the sqffq, nutritional status using anthropometric methods, and respondents' blood pressure measurements. The research data were processed descriptively. The results showed that most respondents (90%) were aged 60–74 years. More than half of the respondents (67%) were female. Most respondents (80%) were in the pre-hypertension category. Nearly half of the respondents (47%) had an obese nutritional status, and the majority (77%) had excessive sodium intake. It is recommended that the health center provide counseling to respondents' family members to help remind them to take their medication daily especially at the same time each day and to use a daily pill organizer or a wall/phone alarm to avoid forgetting antihypertensive medication. For future researchers, it is suggested to continue this research by examining other risk factors for hypertension in the elderly, such as stress, lifestyle, smoking, and other variables.

Keywords: hypertension, elderly, sodium intake