

GAMBARAN PENATALAKSANAAN HIPERTENSI PADA LANSIA HIPERTENSI DI DUSUN MODINAN DESA BANYURADEN WILAYAH PUSKESMAS GAMPING II SLEMAN YOGYAKARTA TAHUN 2019

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INTISARI

Latar Belakang : Jumlah lansia semakin meningkat dari tahun ke tahun. Pada lansia terjadi penurunan fungsi organ yang memicu terjadinya berbagai penyakit degeneratif. Penyakit degeneratif yang paling banyak diderita oleh lansia adalah penyakit hipertensi. Hipertensi yang tidak terkontrol akan menimbulkan berbagai komplikasi. Upaya pencegahan komplikasi hipertensi adalah adanya penatalaksanaan hipertensi yang baik. Penatalaksanaan hipertensi adalah penanganan hipertensi untuk mencapai tekanan darah dalam batas-batas normal. Penatalaksanaan hipertensi berupa penatalaksanaan farmakologik dan penatalaksanaan nonfarmakologik.

Tujuan : Mengetahui gambaran penatalaksanaan hipertensi pada lansia hipertensi di Dusun Modinan tahun 2019.

Metode : Jenis penelitian deskriptif dengan metode *survey*. Penentuan jumlah sampel adalah dengan cara *nonprobability sampling* jenis *judgmental/ purposive sampling* kemudian mengambil sampel dengan *total sampling* yaitu 36 responden.

Hasil : Sebagian besar penatalaksanaan hipertensi responden baik (66,67%), penatalaksanaan farmakologi sebagian besar responden patuh (52,78%), status IMT sebagian besar responden normal (52,78%), 50% responden termasuk dalam kategori bukan perokok namun terpapar asap rokok, aktivitas fisik responden sebagian besar baik (52,78%), penatalaksanaan diet responden sebagian besar baik (72,22%), dan pengendalian stres responden sebagian besar termasuk dalam kategori tidak stres (83,33%).

Kesimpulan : Penatalaksanaan hipertensi pada lansia hipertensi di Dusun Modinan tahun 2019 termasuk dalam kategori baik.

Kata Kunci : Lansia, hipertensi, penatalaksanaan hipertensi

**DESCRIPTION OF THE HYPERTENSION MANAGEMENT OF
HYPERTENSIVE ELDERLY IN THE MODINAN HELMET
2019**

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Background : The quantity of elderly was increasing year by year. In the elderly body there were many decrease of the organs function that could make various degenerative diseases. The most degenerative disease suffered by the elderly was hypertension. The effort to consider the complications of hypertension was have good management of hypertension. Management of hypertension was the treatment of hypertension to reach blood pressure within normal limits. Management of hypertension includes pharmacologic management and non-pharmacologic management.

Objective : Know the description of the hypertension management of hypertensive elderly in Modinan Hamlet in 2019.

Methods : The type of research was descriptive with the survey method. The determination of the number of samples were 36 respondents by purposive sampling then took the samples with total sampling.

Result : Most of the respondent's hypertension management were good (66.67%), pharmacological management of most respondents obedient (52.78%), BMI status of most respondents were normal (52.78%), 50% of respondents included in the category of non-smokers but exposed to smoke cigarettes, the physical activity of the respondents were mostly good (52.78%), the management of the respondent's diet were mostly good (72.22%), and stress control of the respondents were mostly included in the category of not stress (83.33%).

Conclusion : Management of hypertension in hypertensive elderly in Modinan Hamlet in 2019 is included in the good category.

Keywords : Elderly, hypertension, management of hypertension