

ABSTRAK

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HUBUNGAN PERAN KELUARGA DENGAN KUALITAS HIDUP LANSIA PENDERITA HIPERTENSI DI PUSKESMAS KEDUNGWUNI I KABUPATEN PEKALONGAN

XVI + 81 Halaman + 8 Tabel + 2 Gambar

Latar Belakang : Hipertensi merupakan salah satu penyakit tidak menular yang prevalensinya tinggi pada lansia. Peran keluarga merupakan faktor penting dalam mendukung pengelolaan penyakit dan berkontribusi terhadap peningkatan kualitas hidup pasien lansia hipertensi. Tujuan penelitian untuk mengetahui hubungan peran keluarga dengan kualitas hidup lansia dengan hipertensi di Puskesmas Kedungwuni I Kabupaten Pekalongan.

Metode : Penelitian ini sudah lolos uji etik dengan No. 66/EC-LPPM/UWHS/IV-2025. Jenis penelitian kuantitatif korelasional dengan pendekatan *cross sectional*. Sampel penelitian lansia hipertensi sebanyak 167 responden dengan teknik *purposive sampling*. Instrumen penelitian menggunakan kuesioner *Family APGAR* untuk mengukur hubungan peran keluarga dan kuesioner *OPQoL-35 Bref* untuk mengukur kualitas hidup lansia dengan hipertensi. Analisis data menggunakan univariat dan *Spearman-rho*.

Hasil : Karakteristik responden sebagian besar berjenis kelamin perempuan (72,5%), tamat SD (41,3%), tidak memiliki penghasilan sendiri (68,3%), peran keluarga kategori keluarga sehat (86,2%), kualitas lansia kategori sedang (97%). Hasil uji *Spearman-rho* ada hubungan signifikan peran keluarga dengan kualitas hidup lansia dengan hipertensi.

Kesimpulan : Peran keluarga memiliki hubungan signifikan dengan kualitas hidup lansia dengan hipertensi di Puskesmas Kedungwuni I.

Kata Kunci : Hipertensi Kualitas hidup, peran keluarga, Kualitas Hidup, Lansia,

Daftar Pustaka : 60 (2019-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN THE ROLE OF FAMILY AND THE QUALITY OF LIFE OF ELDERLY PATIENTS WITH HYPERTENSION AT KEDUNGWUNI I COMMUNITY HEALTH CENTER, PEKALONGAN DISTRICT

XVI + 81 Pages + 8 Tables + 2 Figures

Background: Hypertension is one of the non-communicable diseases with a high prevalence among the elderly. The role of the family is an important factor in supporting disease management and contributing to improving the quality of life of elderly patients with hypertension. The purpose of this study was to determine the relationship between the role of the family and the quality of life of elderly people with hypertension at the Kedungwuni I Community Health Center in Pekalongan Regency.

Methods: This study has passed ethical review with No. 66/EC-LPPM/UWHS/IV-2025. This is a quantitative correlational study with a cross-sectional approach. The study sample consisted of 167 elderly hypertensive respondents using purposive sampling. The research instruments used were the Family APGAR questionnaire to measure the relationship between family roles and the OPQoL-35 Bref questionnaire to measure the quality of life of elderly people with hypertension. Data analysis used univariate and Spearman-rho.

Results: The characteristics of the respondents were mostly female (72.5%), elementary school graduates (41.3%), without their own income (68.3%), family role in the healthy family category (86.2%), and elderly quality of life in the moderate category (97%). The Spearman-rho test results showed a significant relationship between family role and the quality of life of elderly people with hypertension.

Conclusion: The role of the family has a significant relationship with the quality of life of elderly people with hypertension at the Kedungwuni I Community Health Center.

Keywords: Hypertension, quality of life, role of the family, quality of life, elderly people.

References: 60 (2019-2025))

