

Karakteristik Lansia Hipertensi Dan Dukungan Keluarga Dalam Mengontrol Tekanan Darah

Characteristics of Hypertensive Elderly and the Role of Family Support in Blood Pressure Control

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ABSTRAK

Lansia sangat rentan mengalami hipertensi. Hipertensi yaitu peningkatan tekanan darah yang berlangsung terus-menerus. Pengendalian hipertensi sangat memerlukan dukungan keluarga agar tekanan darah tetap stabil. Penelitian ini bertujuan untuk mengetahui karakteristik lansia hipertensi dan peran dukungan keluarga dalam mengontrol tekanan darah. Metode yang digunakan adalah kualitatif deskriptif dengan teknik *simple random sampling*, melibatkan 71 lansia hipertensi yang berobat di Puskesmas Cilacap Utara 1 pada tahun 2025. Hasil penelitian menunjukkan mayoritas lansia berusia 60–74 tahun (90%), perempuan (87%), berpendidikan SD (38%), dan bekerja sebagai ibu rumah tangga (79%). Sebanyak 49% telah menderita hipertensi lebih dari 5 tahun, klasifikasi hipertensi terbanyak adalah tahap 1 (62%), dan 54% lansia mendapat dukungan keluarga yang baik.

Kata kunci: Hipertensi, lansia, dukungan keluarga, tekanan darah

ABSTRACT

Elderly people are vulnerable to hypertension, which is a continuous increase in blood pressure. Controlling hypertension requires strong family support to help keep blood pressure stable. This study aims to identify the characteristics of elderly people with hypertension and the role of family support in controlling blood pressure. The method used was descriptive qualitative with a simple random sampling technique, involving 71 elderly patients with hypertension receiving treatment at Puskesmas Cilacap Utara 1 in 2025. The results showed that the majority of elderly respondents were aged 60–74 years (90%), female (87%), had elementary school education (38%), and worked as housewives (79%). About 49% had been suffering from hypertension for more than 5 years, the most common classification was stage 1 (62%), and 54% received good family support.

Keywords: Hypertension, elderly, family support, blood pressure