

Gambaran Mekanisme Koping Pada Lansia Penderita Hipertensi Di Puskesmas Cilacap Utara I

Description Of Coping Mechanisms In Elderly Patients With Hypertension At Cilacap Utara I Public Health Center

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ABSTRAK

Latar belakang: Hipertensi merupakan penyakit kronis yang umum terjadi pada lansia dan dapat menimbulkan dampak fisik maupun psikologis, seperti stres. Mekanisme koping dibutuhkan untuk membantu lansia mengelola stres akibat hipertensi. **Tujuan :** Penelitian ini bertujuan untuk mengetahui gambaran mekanisme koping pada lansia penderita hipertensi di Puskesmas Cilacap Utara I, meliputi koping adaptif dan maladaptif. **Metode penelitian:** Penelitian menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel sebanyak 71 lansia dipilih melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Brief COPE* dan dianalisis secara univariat. **Hasil:** menunjukkan mayoritas responden adalah perempuan (79%) berusia 60–74 tahun (92%), dengan tingkat pendidikan tidak sekolah (42%) dan tidak bekerja (62%). Sebagian besar (86%) menggunakan koping adaptif, sedangkan 14% menggunakan koping maladaptif. **Simpulan:** sebagian besar lansia menghadapi hipertensi secara adaptif, namun tetap diperlukan edukasi dan pendampingan untuk mencegah penggunaan koping maladaptif.

Kata kunci: Mekanisme Koping, Hipertensi, Lansia, Koping Adaptif, Koping Maladaptif

ABSTRACT

Background: Hypertension is a chronic disease that is common in the elderly and can cause physical and psychological impacts, such as stress. Coping mechanisms are needed to help the elderly manage stress due to hypertension. **Purpose:** This study aims to determine the description of coping mechanisms in elderly people with hypertension at the Cilacap Utara I Health Center, including adaptive and maladaptive coping. **Research method:** The study used a quantitative descriptive design with a cross-sectional approach. A sample of 71 elderly people was selected through purposive sampling technique. Data were collected using the Brief COPE questionnaire and analyzed univariately. Results: shows the majority of respondents are female (79%) aged 60-74 years (92%), with no school education (42%) and not working (62%). Most (86%) used adaptive coping, while 14% used maladaptive coping. Conclusion: most of the elderly face hypertension adaptively, but education and assistance are still needed to prevent the use of maladaptive coping.

Keywords: Coping Mechanism, Hypertension, Elderly, Adaptive Coping, Maladaptive Coping