

# **Hubungan Stres Adaptasi dan Kualitas Hidup dengan Kejadian Hipertensi Pada Pasien Lansia dalam Menjalani Perawatan Paliatif Di RSUD Royal**

## **Prima Medan**

### *ABSTRACT*

**Background:** *Adaptation stress among elderly patients receiving palliative care may influence quality of life and blood pressure control, particularly in those with hypertension. Physical, psychological, and social changes experienced by older adults can increase stress levels and reduce quality of life, potentially affecting blood pressure stability. Objective:* *To determine the relationship between adaptation stress and quality of life with the incidence of hypertension among elderly patients undergoing palliative care at Royal Prima General Hospital Medan. Methods:* *This study employed a quantitative correlational analytic design with a cross-sectional approach. The population consisted of 30 elderly hypertensive patients receiving palliative care, selected using total sampling. Primary data were collected using adaptation stress questionnaires and the WHOQOL-BREF instrument, while secondary data were obtained from medical records. Data were analyzed using univariate and bivariate analysis with the Chi-Square test at a significance level of  $\alpha = 0.05$ . Results:* *Most respondents experienced high adaptation stress (36.7%) and moderate quality of life (40.0%). A total of 53.3% of respondents had hypertension. There was a significant relationship between adaptation stress and hypertension ( $p = 0.000$ ) and between quality of life and hypertension ( $p = 0.004$ ). Conclusion:* *Adaptation stress and quality of life are significantly associated with hypertension among elderly patients receiving palliative care. Holistic nursing interventions are essential to improve stress management and enhance quality of life to support blood pressure control.*

*Keywords:* *adaptation stress; quality of life; hypertension; elderly; palliative care*

### **ABSTRAK**

**Latar Belakang:** Stres adaptasi pada lansia yang menjalani perawatan paliatif dapat memengaruhi kualitas hidup dan kondisi tekanan darah, khususnya

pada pasien dengan hipertensi. Perubahan fisik, psikologis, dan sosial yang dialami lansia berpotensi meningkatkan stres dan menurunkan kualitas hidup sehingga berdampak pada kontrol tekanan darah. **Tujuan:** Mengetahui hubungan stres adaptasi dan kualitas hidup dengan kejadian hipertensi pada pasien lansia yang menjalani perawatan paliatif di RSUD Royal Prima Medan. **Metode:** Penelitian kuantitatif analitik korelasional dengan desain cross-sectional. Populasi berjumlah 30 lansia hipertensi yang menjalani perawatan paliatif dengan teknik total sampling. Data primer diperoleh melalui kuesioner stres adaptasi dan WHOQOL-BREF, sedangkan data sekunder dari rekam medis. Analisis dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan  $\alpha = 0,05$ . **Hasil:** Sebagian besar responden mengalami stres adaptasi tinggi (36,7%) dan kualitas hidup kategori cukup (40,0%). Sebanyak 53,3% responden mengalami hipertensi. Terdapat hubungan signifikan antara stres adaptasi dengan hipertensi ( $p = 0,000$ ) dan antara kualitas hidup dengan hipertensi ( $p = 0,004$ ). **Kesimpulan:** Stres adaptasi dan kualitas hidup berhubungan signifikan dengan kejadian hipertensi pada lansia paliatif. Diperlukan intervensi keperawatan holistik untuk membantu pengelolaan stres dan peningkatan kualitas hidup guna mengontrol tekanan darah. Kata kunci: stres adaptasi; kualitas hidup; hipertensi; lansia; perawatan paliatif