

ABSTRAK

Hipertensi merupakan kondisi dimana terjadi peningkatan tekanan darah secara kronis (dalam kurun waktu yang lama) yang dapat menyebabkan kesakitan pada seseorang dan bahkan dapat menyebabkan kematian. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dengan kualitas hidup lanjut usia pada penderita hipertensi. Metode penelitian menggunakan korelasi dengan desain *cross sectional*. Populasi dalam penelitian ini seluruh responden hipertensi sebanyak 45 orang dan teknik pengambilan sampel adalah *sampling jenuh* maka sampel penelitian sebanyak 45 orang. Metode pengumpulan data dengan menggunakan kuesioner dan analisa bivariat menggunakan *spearman rho*. Hasil penelitian didapatkan mayoritas berusia 41-50 tahun sebanyak 20 orang (44,4%), dan minoritas berusia 51-60 tahun sebanyak 12 (26,7%). Berdasarkan Jenis kelamin mayoritas laki-laki sebanyak 24 orang (53,3%) dan minoritas perempuan sebanyak 21 orang (46,7%). Berdasarkan Pendidikan mayoritas SMA sebanyak 25 orang (55,6%) dan minoritas berpendidikan SD sebanyak 3 orang (6,7%). Berdasarkan pekerjaan mayoritas sebagai buruh sebanyak 25 orang (55,6%) dan minoritas PNS sebanyak 2 orang (4,4%). Berdasarkan distribusi frekuensi dukungan sosial mayoritas dukungan sosial sedang sebanyak 20 orang (44,4%) dan minoritas dukungan sosial tinggi sebanyak 10 orang (22,2%), sedangkan frekuensi kualitas hidup mayoritas sedang sebanyak 22 orang (48,9%) dan minoritas kurang sebanyak 11 orang (24,4%). Berdasarkan hasil analisa data didapatkan hasil *sig.(2-tailed)* 0,004. Hal ini membuktikan bahwa terdapat hubungan yang kuat antara dukungan sosial dengan kualitas hidup yang dapat memberikan semangat kepada pasien untuk sembuh dan dukungan perawatan baik biologis psikologis, sosial dan spiritual.

Kata kunci: Dukungan sosial, kualitas hidup, hipertensi

ABSTRACT

Hypertension is a condition where there is a chronic increase in blood pressure (over a long period of time) which can cause pain to a person and can even cause death. This study aims to determine the relationship between social support and the quality of life of elderly people with hypertension. The research method uses correlation with a cross sectional design. The population in this study were all 45 hypertensive respondents and the sampling technique was saturated sampling, so the research sample was a maximum of 45 people. Data collection methods used questionnaires and bivariate analysis using Spearman Rho. The research results showed that the majority were 41-50 years old, 20 people (44.4%), and 12 people aged 51-60 years (26.7%). Based on gender, the majority were men as many as 24 people (53.3%) and the minority were women as many as 21 people (46.7%). Based on education, the majority were high school as many as 25 people (55.6%) and the minority had elementary school education as many as 3 people (6.7%). Based on the majority's work as laborers there are 25 people (55.6%) and the minority civil servants are 2 people (4.4%). Based on the frequency distribution of social support, the majority with moderate social support are 20 people (44.4%) and the minority with high social support is 10 people (22.2%). %), while the frequency of quality of life for the majority is 22 people (48.9%) and the minority is less at 11 people (24.4). Based on the results of data analysis, the result is sig. (2-tailed) 0.004. This proves that there is a significant relationship strong relationship between social support and quality of life which can provide encouragement to patients to recover and support for biological, psychological, social and spiritual care.

Key words: Social support, quality of life, hypertension