

Abstrak

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Hubungan Pemberdayaan Keluarga dengan Kepatuhan Diet Hipertensi pada Lansia di Desa Curah Lele Kecamatan Balung Kabupaten Jember

vii + 109 halaman + 13 tabel + 26 lampiran

Latar Belakang: Salah satu masalah kesehatan lazim pada lansia yakni hipertensi. Mengacu *World Health Organization (WHO)* tingkat hipertensi di dunia melonjak setiap tahun hingga 29,2% tahun 2025. Pemberdayaan keluarga krusial pada peningkatan kepatuhan diet hipertensi pada lansia. Tujuan dari penelitian ini yakni mengetahui hubungan pemberdayaan keluarga dengan kepatuhan diet hipertensi pada lansia di Desa Curah Lele Kecamatan Balung Kabupaten Jember. **Metode:** Desain penelitian ini menggunakan kuantitatif desain korelasional berbasis *cross sectional non experimental*. Populasi lansia di Desa Curah Lele berjumlah 1.298 lansia. Sampel penelitian yakni lansia hipertensi di Desa Curah Lele berjumlah 115 lansia. Penentuan sampel dengan rumus slovin dan ditentukan sejumlah 89 lansia penderita penyakit hipertensi. Sampling menggunakan *proportional sampling*. Dalam penelitian ini menggunakan analisis univariat dan bivariat. Uji statistik penelitian ini adalah uji korelasi *Sperman Rank (rho)* dengan taraf signifikan (α) 5% (0,05). **Hasil:** Hasil penelitian yakni terdapat hubungan signifikan antara pemberdayaan keluarga dengan kepatuhan diet hipertensi pada lansia. Nilai signifikansi (Sig. 2-tailed) < 0,001 dan koefisien korelasi 0,526 mengindikasikan hubungan kuat antara kedua variabel. **Simpulan:** Artinya, semakin tinggi tingkat pemberdayaan keluarga, maka tingkat kepatuhan lansia diet hipertensi semakin tinggi. Pemberdayaan keluarga memiliki hubungan signifikan dengan kepatuhan diet hipertensi pada lansia di Desa Curah Lele Kecamatan Balung Kabupaten Jember.

Kata kunci: Hipertensi, Kepatuhan Diet, Lansia, Pemberdayaan Keluarga

Abstract

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Relationship between Family Empowerment and Hypertension Diet Compliance in Elderly in Curah Lele Village, Balung District, Jember Regency

vii + 109 pages + 16 tables + 26 attachments

Background: One of the common health problems in elderly is hypertension. Referring to the World Health Organization (WHO), the level of hypertension in the world increases every year to 29.2% in 2025. Family empowerment is crucial in increasing hypertension diet compliance in the elderly. The purpose of this study was to determine the relationship between family empowerment and hypertension diet compliance in the elderly in Curah Lele Village, Balung District, Jember Regency. **Method:** It is a correlational study using cross sectional approach. The elderly population in Curah Lele Village amounted to 1.298 elderly. The research sample of hypertensive elderly in Curah Lele Village amounted to 115 elderly taken by Determination of the sample with the slovin formula and determined a total of 89 elderly people with hypertension. Sampling using proportional sampling. The data taken by Karang Duren Community Health Center and the hypothesis was tested using spearman Rank correlation test (ρ) with a significance level (α) of 5% (0.05). **Results:** The results of the study are that there is a significant relationship between family empowerment and compliance with hypertension diet in the elderly. The significance value (Sig. 2-tailed) <0.001 and the correlation coefficient of 0.526 indicate a strong relationship between the two variables. **Conclusion:** This means that the higher the level of family empowerment, the higher the level of compliance with hypertension diet in the elderly. Family empowerment has a significant relationship with compliance with hypertension diet in the elderly in Curah Lele Village, Balung District, Jember Regency.

Keywords: Hypertension, Diet Compliance, Elderly, Family Empowerment