

Abstrak

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HUBUNGAN AKTIVITAS FISIK DENGAN KUALITAS HIDUP LANSIA
HIPERTENSI DI POSYANDU LANSIA WILAYAH DESA PLALANGAN,
KECAMATAN KALISAT

xvi + 79 halaman + 16 tabel + 9 lampiran

Abstrak

Hipertensi pada lansia masih menjadi masalah kesehatan utama dengan prevalensi tinggi dan berdampak signifikan terhadap kualitas hidup. Di Kecamatan Kalisat tercatat 2.308 kasus hipertensi pada lansia (43,75%), sementara di Posyandu Lansia Desa Plalangan sebanyak 78,1% lansia memiliki riwayat hipertensi. Sebagian besar di antaranya belum melakukan aktivitas fisik secara teratur seperti berjalan kaki atau senam lansia. Kondisi ini meningkatkan risiko komplikasi dan berkontribusi terhadap penurunan kualitas hidup, baik dari aspek fisik, psikologis, maupun sosial. Penelitian ini bertujuan untuk menganalisis hubungan antara aktivitas fisik dan kualitas hidup lansia hipertensi di Posyandu Lansia Desa Plalangan, Kecamatan Kalisat. Desain penelitian menggunakan kuantitatif

korelasional dengan pendekatan cross-sectional. Sampel berjumlah 68 responden lansia hipertensi yang dipilih dengan purposive sampling. Instrumen penelitian meliputi Physical Activity Scale for the Elderly (PASE) untuk mengukur aktivitas fisik dan Older People's Quality of Life Questionnaire (OPQOL) untuk mengukur kualitas hidup. Analisis data menggunakan uji Spearman Rank. Hasil penelitian menunjukkan sebagian besar responden memiliki aktivitas fisik kategori sedang (52,9%) dan kualitas hidup kategori sedang (50,0%). Uji Spearman Rank menunjukkan adanya hubungan yang sangat kuat dan signifikan antara aktivitas fisik dan kualitas hidup ($p = 0,895$; $p = 0,000$). Kesimpulan: semakin tinggi aktivitas fisik, semakin baik kualitas hidup lansia hipertensi. Temuan ini menegaskan pentingnya promosi aktivitas fisik teratur sebagai bagian dari intervensi keperawatan komunitas untuk meningkatkan kualitas hidup lansia hipertensi.

Kata kunci: aktivitas fisik, kualitas hidup, lansia, hipertensi

Abstract

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*THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND QUALITY OF
LIFE OF ELDERLY WITH HYPERTENSION AT ELDERLY POSYANDU IN
PLALANGAN VILLAGE, KALISAT DISTRICT*

xvi + 79 pages + 16 tables + 9 appendices

Abstract

Hypertension among the elderly remains a major health problem with a high prevalence and a significant impact on quality of life. In Kalisat District, there were 2,308 recorded cases of hypertension in the elderly (43.75%), while at the Elderly Posyandu in Plalangan Village, 78.1% of elderly participants had a history of hypertension. Most of them did not regularly engage in physical activities such as walking or elderly exercise. This condition increases the risk of complications and contributes to a decline in quality of life, including physical, psychological, and social aspects. This study aimed to analyze the relationship between physical activity and quality of life among elderly individuals with hypertension at the Elderly Posyandu in Plalangan Village, Kalisat District. This

research employed a quantitative correlational design with a cross-sectional approach. A total of 68 elderly respondents with hypertension were selected using purposive sampling. The instruments used were the Physical Activity Scale for the Elderly (PASE) to measure physical activity and the Older People's Quality of Life Questionnaire (OPQOL) to measure quality of life. Data analysis was performed using the Spearman Rank test. The results showed that most respondents had moderate levels of physical activity (52.9%) and moderate quality of life (50.0%). The Spearman Rank test revealed a very strong and significant relationship between physical activity and quality of life ($\rho = 0.895$; $p = 0.000$). Conclusion: higher physical activity is associated with better quality of life among elderly individuals with hypertension. These findings emphasize the importance of promoting regular physical activity as part of community nursing interventions to improve the quality of life of elderly people with hypertension.

Keywords: physical activity, quality of life, elderly, hypertension