

HUBUNGAN TEKANAN DARAH DENGAN FUNGSI KOGNITIF PADA LANSIA DENGAN HIPERTENSI DI BALAI PELAYANAN SOSIAL TRESNA WERDHA (BPSTW) BUDI LUHUR

Destaviana Yoma Haris Sutopo¹, Dwi Kartika Rukmi²

INTISARI

Latar Belakang: Populasi lanjut usia terus meningkat seiring kemajuan di bidang kesehatan. Hipertensi merupakan salah satu penyakit yang mayoritas dialami oleh usia lanjut. Gangguan fungsi kognitif pada lansia dengan penyakit hipertensi disebabkan oleh terjadinya proses penuaan pada organ otak manusia. Hipertensi berada di urutan pertama dalam distribusi sepuluh besar penyakit di Puskesmas se-Kabupaten Bantul dengan 83.932 kasus. Survey lapangan didapatkan 32 lansia di BPSTW Budi Luhur menderita hipertensi dan menunjukkan gejala gangguan fungsi kognitif.

Tujuan Penelitian: Mengetahui hubungan tekanan darah dengan fungsi kognitif pada lansia dengan hipertensi di BPSTW Budi Luhur.

Metode Penelitian: Analitik observasional dengan pendekatan *cross sectional*. Meneliti tentang hubungan tekanan darah dengan fungsi kognitif pada 30 lansia dengan hipertensi yang dilakukan pada tanggal 9-12 Februari 2022 di BPSTW Budi Luhur. Penelitian dilakukan dengan pencatatan rata-rata tekanan darah selama tiga bulan terakhir dan penilaian fungsi kognitif menggunakan kuesioner MoCA-Ina.

Hasil: Sebagian besar responden berusia 70-79 tahun, berjenis kelamin perempuan, pendidikan terakhir SD, tidak memiliki kebiasaan merokok, dan lama menderita hipertensi 6-10 tahun. Sebanyak tiga responden (10%) pra-hipertensi, 19 responden (63,3%) hipertensi tingkat 1, dan delapan responden (26,7%) hipertensi tingkat 2. Penilaian fungsi kognitif didapatkan sebanyak 28 responden (93,3%) mengalami gangguan fungsi kognitif dan dua responden (6,7%) memiliki fungsi kognitif normal. Hasil analisis uji statistik *Spearman rank* menunjukkan terdapat hubungan yang signifikan antara tekanan darah dengan fungsi kognitif, didapatkan nilai signifikansi atau *p value* = 0,006 ($p < 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara tekanan darah dengan fungsi kognitif pada lansia dengan hipertensi di BPSTW Budi Luhur.

Kata kunci: *Fungsi kognitif, lansia hipertensi, tekanan darah.*

¹Mahasiswa S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

THE CORRELATION BETWEEN BLOOD PRESSURE AND COGNITIVE FUNCTION IN THE ELDERLY WITH HYPERTENSION AT TRESNA WERDHA SOCIAL SERVICES CENTER (BPSTW) BUDI LUHUR

Destaviana Yoma Haris Sutopo¹, Dwi Kartika Rukmi²

ABSTRACT

Background: The elderly population continues to increase along with advances in the health sector. Hypertension is one of the most common diseases experienced by the elderly. Impaired cognitive function in the elderly with hypertension is caused by the aging process in the human brain. Hypertension is in the first place in the distribution of the top ten diseases in Puskesmas throughout Bantul regency with 83,932 cases. The field survey found that 32 elderly people at BPSTW Budi Luhur suffered from hypertension and showed symptoms of impaired cognitive function.

Objective: Knowing the correlation between blood pressure and cognitive function in the elderly with hypertension at BPSTW Budi Luhur.

Method: Observational analysis with cross sectional approach. Researching the relationship between blood pressure and cognitive function in 30 elderly people with hypertension was conducted on 9-12 February 2022 at BPSTW Budi Luhur. The study was conducted by recording the average blood pressure for the last three months and assessing cognitive function using the MoCA-Ina questionnaire.

Result: Most of the respondents were aged 70-79 years, female, last education was elementary school, did not have a smoking habit, and had long suffered from hypertension with 6-10 years. Three respondents (10%) had prehypertension, 19 respondents (63,3%) had grade 1 hypertension, and eight respondents (26,7%) had grade 2 hypertension. Assessment of cognitive function obtained as 28 respondents (93,3%) had impaired cognitive function and two respondents (6,7%) had normal cognitive function. The results of the Spearman rank statistical test analysis showed that there was a significant relationship between blood pressure and cognitive function, obtained a significance value or p value = 0.006 ($p < 0.05$).

Conclusion: There is a significant relationship between blood pressure and cognitive function in the elderly with hypertension at BPSTW Budi Luhur.

Keywords: *Cognitive function, hypertension elderly, blood pressure.*

¹Student of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

²Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta