

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA CIREBON**  
**FAKULTAS KESEHATAN**  
**PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN TINGKAT KEMANDIRIAN DENGAN KUALITAS HIDUP  
LANSIA PENDERITA HIPERTENSI DI PANTI WREDHA WILAYAH  
KOTA CIREBON**

**ABSTRAK**

Kualitas hidup lansia tidak hanya ditentukan oleh kondisi fisik, tetapi juga oleh faktor psikososial seperti tingkat kemandirian. Lansia yang memiliki tingkat kemandirian tinggi cenderung memiliki kualitas hidup yang lebih baik karena mereka mampu menjalankan aktivitas sehari-hari tanpa ketergantungan pada orang lain. Sebaliknya, lansia dengan ketergantungan tinggi lebih rentan mengalami stres, depresi, serta penurunan kesejahteraan secara keseluruhan. Tujuan dari penelitian ini adalah untuk menganalisis hubungan tingkat kemandirian dengan kualitas hidup lansia penderita hipertensi di Panti Wreda Wilayah Kota Cirebon.

Metode penelitian ini menggunakan penelitian kuantitatif dengan pendekatan cross sectional melalui studi korelasional. Populasi pada penelitian ini yaitu lansia penderita hipertensi di Panti wredha wilayah kota Cirebon, dengan sampel 38 responden. Teknik sampling yang digunakan adalah *total sampling*. Instrumen yang digunakan adalah kuesioner *Barthel Index* diadopsi dari *Maryland State Medical Society* dan *World Health Organization Quality of Life (WHOQoL-BREF)* diadopsi dari WHO. Data dianalisis secara univariat dan bivariat menggunakan uji *spearman rank*.

Hasil penelitian menunjukkan bahwa ada korelasi yang signifikan antara Tingkat kemandirian dengan kualitas hidup dengan nilai *spearman rank* diperoleh  $p\text{-value}=0,001$  ( $p<0,05$ ) dan koefisien korelasi 0,519, maka  $H_0$ =ditolak. Maka, dapat disimpulkan semakin baik Tingkat kemandirian maka semakin baik pula kualitas hidup pada lansia penderita hipertensi di Panti Wredha Wilayah Kota Cirebon. Penelitian ini diharapkan pada lansia penderita hipertensi memiliki Tingkat kemandirian dan kualitas hidup yang baik.

Kata Kunci : Tingkat Kemandirian, Kualitas Hidup, Hipertensi

Daftar Pustaka : 37 (2017-2025)

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***RELATIONSHIP BETWEEN THE LEVEL OF INDEPENDENCE AND  
QUALITY OF LIFE OF ELDERLY PEOPLE WITH HYPERTENSION IN  
NURSING HOMES IN THE CITY OF CIREBON***

The quality of life of the elderly is not only determined by physical condition but also by psychosocial factors such as the level of independence. Elderly individuals with a high level of independence tend to have a better quality of life because they are able to carry out daily activities without relying on others. On the other hand, elderly individuals with a high level of dependence are more vulnerable to stress, depression, and an overall decline in well-being. The objective of this research is to examine the correlation between independence level and quality of life among elderly individuals with hypertension residing in Nursing Homes Care in the Cirebon City Area

This research used a quantitative method with a cross-sectional approach through a correlational study. The population in this study consisted of elderly individuals with hypertension residing in nursing homes in the Cirebon city area, with a sample of 38 respondents. The sampling technique used was total sampling. The instruments used were the Barthel Index questionnaire adopted from the Maryland State Medical Society and the World Health Organization Quality of Life (WHOQoL-BREF) adopted from WHO. The data were analyzed univariately and bivariately using the Spearman rank test.

The findings of this study indicate a significant correlation between independence level and quality of life among elderly individuals with hypertension, as evidenced by a spearman rank correlation coefficient of 0,519 and a p-value of 0,001 ( $p < 0,05$ ), leading to the rejection of the null hypothesis. Therefore, it can be concluded that the better the level of independence, the better the quality of life among elderly people with hypertension at the nursing home in Cirebon City area. This research implies that elderly patients with hypertension should strive for optimal independence and quality of life.

Keyword : Independence Level, Quality of Life, Hypertension.

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