

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA  
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PROGRAM STUDI ILMU KESEHATAN MASYARAKAT**

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**HUBUNGAN AKTIVITAS FISIK DENGAN KEJADIAN HIPERTENSI  
PADA LANSIA DI WILAYAH PUSKESMAS KALIJAGA PERMAI KOTA  
CIREBON**

LI + 5 tabel + 2 bagan + 13 lampiran

**ABSTRAK**

Hipertensi merupakan salah satu penyakit tidak menular yang berperan sebagai faktor risiko utama berbagai komplikasi serius, seperti penyakit jantung, stroke, dan gagal ginjal. Lansia menjadi kelompok yang sangat rentan terhadap hipertensi akibat penurunan fungsi fisiologis seiring bertambahnya usia. Aktivitas fisik secara teratur berperan penting dalam menjaga tekanan darah tetap dalam batas normal. Penelitian ini bertujuan untuk mengetahui Hubungan Aktivitas Fisik Dengan Kejadian Hipertensi Pada Lansia Di Wilayah Puskesmas Kalijaga Permai Kota Cirebon.

Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah seluruh lansia usia 60–69 tahun di wilayah Puskesmas Kalijaga Permai dengan jumlah sampel sebanyak 95 responden dari total populasi 1.672 lansia. Instrumen menggunakan lembar kuesioner PASE (Physical Activities Scale for Elderly) dan pengukuran tekanan darah menggunakan tensimeter. Analisis menggunakan chi-square dengan batas kemaknaan  $\alpha = 0,05$ . Hasil uji etik penelitian dinyatakan “Laik Etik” dari KEPK ITEKes Mahardika.

Data di analisis melalui univariat dan bivariat menggunakan uji chi-square. Hasil penelitian menunjukkan lansia dengan aktivitas fisik buruk sebanyak 58 (61.1%), dan sebagian responden mengalami hipertensi sebanyak 60 (63.2%). Hasil analisis bivariat menunjukkan adanya hubungan antara aktivitas fisik dengan kejadian hipertensi pada lansia dengan  $p = 0,003$  yang artinya nilai P kurang dari 0,05. Disimpulkan bahwa rendahnya aktivitas fisik dapat berkaitan dengan peningkatan risiko hipertensi pada lansia, sehingga diperlukan upaya peningkatan kualitas hidup dan pencegahan penyakit tidak menular pada kelompok usia lanjut.

**Kata Kunci** : Hipertensi, Lansia, Aktivitas Fisik  
**Daftar Pustaka** : 25 (2014-2025)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH**  
**HEALTH FACULTY**  
**Study Program of Public Health**

*Mini Thesis, Mei 2025*

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**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND THE  
INCIDENCE OF HYPERTENSION AMONG THE ELDERLY IN THE  
WORKING AREA OF KALIJAGA PERMAI PUBLIC HEALTH CENTER,  
CIREBON CITY**

*LI + 5 tables + 2 scheme + 13 enclosure*

**ABSTRACT**

*Hypertension is one of the most prevalent non-communicable diseases and serves as a major risk factor for several serious complications, such as heart disease, stroke, and kidney failure. The elderly are a particularly vulnerable group to hypertension due to the physiological decline associated with aging. Regular physical activity plays an important role in maintaining normal blood pressure. This study aims to determine the relationship between physical activity and the incidence of hypertension among the elderly in the working area of Kalijaga Permai Public Health Center, Cirebon City.*

*This research employed a quantitative design with a cross-sectional approach. The population consisted of all elderly individuals aged 60–69 years within the Kalijaga Permai Public Health Center area, with a total sample of 95 respondents drawn from a population of 1,672 elderly. The instruments used were the PASE (Physical Activity Scale for the Elderly) questionnaire and blood pressure measurement using a sphygmomanometer. Data analysis was performed using the chi-square test with a significance level of  $\alpha = 0.05$ . Ethical clearance was granted and declared "Ethically Feasible" by the Ethics Committee of ITEKes Mahardika.*

*The data were analyzed using univariate and bivariate analysis with the chi-square test. The results showed that 58 elderly respondents (61.1%) had poor physical activity, and 60 respondents (63.2%) were found to have hypertension. Bivariate analysis indicated a significant relationship between physical activity and the incidence of hypertension among the elderly, with a p-value of 0.003, meaning the p-value was less than 0.05. It is concluded that low levels of physical activity may be associated with an increased risk of hypertension among the elderly; therefore, efforts to improve quality of life and prevent non-communicable diseases in older age groups are necessary.*

**Keywords:** *Hypertension, Elderly, Physical Activity*

**References:** *25 (2014–2025)*