

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**HUBUNGAN TINGKAT KECEMASAN DENGAN KEJADIAN
HIPERTENSI PADA LANSIA DI WILAYAH KERJA PUSKESMAS TALUN
KABUPATEN CIREBON**

Xiii + 53 halaman + 9 tabel + 2 bagan + 14 lampiran

ABSTRAK

Lansia adalah individu yang berusia >60 tahun. Cakupan lansia yang mendapatkan skrining Kesehatan dari Puskesmas Talun pada Desember 2023, terdapat 3032 lansia atau sekitar 94% lansia. Adapun lansia yang terdaftar berobat dari enam Desa Wilayah Kerja Puskesmas Talun berjumlah sekitar 307 lansia atau hanya 10% lansia yang menderita Hipertensi di tahun 2023, Artinya banyak penderita Hipertensi yang tidak sadar perihal kesehatan dirinya sendiri. Penyebab hipertensi pada lansia adalah faktor psikologis seperti depresi, cemas, dan stres.

Penelitian ini menggunakan metode kuantitatif dengan menggunakan desain korelasional dengan pendekatan cross sectional, pengambilan sampel penelitian ini menggunakan teknik purposive sampling diperoleh sebanyak 75 responden. Instrumen yang digunakan yaitu kuesioner dan spyghnomanometer. Analisis data menggunakan uji statistik Chis Square dengan nilai signifikan tidak lebih dari $\alpha=0,05$.

Hasil analisis univariat, Tingkat kecemasan pada lansia terdapat (8,00%) dalam kategori kecemasan berat. Dan kejadian hipertensi (38,67%) dalam kategori hipertensi stage 2. Hasil analisis bivariat diperoleh nilai $p = (0,000)$ maka lebih kecil dari $\alpha=0,05$ yang artinya H_0 ditolak dan H_1 diterima hal ini bisa dikatakan terdapat hubungan yang signifikan.

Terdapat hubungan antara tingkat kecemasan dengan kejadian hipertensi pada lansia, untuk itu kegiatan lansia dapat dilakukan secara rutin dan konsisten seperti kegiatan posbindu khususnya di wilayah kerja Puskesmas Talun Kabupaten Cirebon.

Kata Kunci : Lansia, Hipertensi, Cemas

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***THE RELATIONSHIP BETWEEN ANXIETY LEVELS AND THE
INCIDENCE OF HYPERTENSION IN THE ELDERLY IN THE WORKING
AREA OF THE TALUN HEALTH CENTER, CIREBON REGENCY***

Xiii + 53 page + 9 tabel + 2 bagan + 14 lampiran

ABSTRACT

Elderly are individuals who are >60 years old. The coverage of the elderly who received health screening from the Talun Health Center in December 2023, there were 3032 elderly people or around 94% of the elderly. The elderly registered for treatment from six villages in the Talun Health Center Work Area are around 307 elderly people or only 10% of the elderly who suffer from Hypertension in 2023, meaning that many people with Hypertension are not aware of their own health. The causes of hypertension in the elderly are psychological factors such as depression, anxiety, and stress.

This study uses a quantitative method using a correlational design with a cross sectional approach, sampling this study using the purposive sampling technique obtained as many as 75 respondents. The instruments used are questionnaires and sphygmomanometers. Data analysis uses the Chi Square statistical test with a significant value of no more than $\alpha=0.05$.

The results of univariate analysis showed that the level of anxiety in the elderly was (8.00%) in the category of severe anxiety. And the incidence of hypertension (38.67%) was in the hypertension category stage 2. The results of the bivariate analysis obtained a value of $p = (0.000)$, which is smaller than $\alpha = 0.05$, which means that H_0 is rejected and H_1 is accepted, this can be said to have a significant relationship.

There is a relationship between the level of anxiety and the incidence of hypertension in the elderly, for this reason elderly activities can be carried out regularly and consistently, such as posbindu activities, especially in the work area of the Talun Health Center, Cirebon Regency.

Keywords: *Elderly, Hypertension, Anxiety*