

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA  
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**HUBUNGAN KLASIFIKASI HIPERTENSI PADA LANSIA DALAM  
ACTIVITIES OF DAILY LIVING (ADL) DI PANTI JOMPO KOTA  
CIREBON**

**ABSTRAK**

Hipertensi merupakan penyakit kronis yang sering dialami oleh lansia dan dapat memengaruhi kemampuan mereka dalam melakukan aktivitas sehari-hari (*Activities of Daily Living/ADL*). Lansia yang mengalami hipertensi berisiko mengalami penurunan kemandirian, terutama jika hipertensi berada pada tingkat III. Penelitian ini bertujuan untuk mengetahui hubungan antara klasifikasi hipertensi dengan tingkat kemampuan (*Activities of Daily Living/ADL*). Pada lansia di panti jompo Kota Cirebon. Penelitian ini menggunakan desain cross-sectional dengan pendekatan kuantitatif. Sampel sebanyak 45 responden lansia yang dipilih melalui teknik purposive sampling. Data dikumpulkan melalui pengukuran tekanan darah menggunakan tensimeter dan observasi (*Activities of Daily Living/ADL*). Dengan instrumen Barthel Index. Hasil penelitian Mayoritas responden termasuk dalam klasifikasi hipertensi tingkat III (48,9%) dan memiliki ketergantungan berat hingga total dalam melakukan ADL. Uji Chi-Square menunjukkan adanya hubungan signifikan antara klasifikasi hipertensi dan tingkat kemampuan ADL ( $p = 0,041$ ). Terdapat hubungan yang signifikan antara klasifikasi hipertensi dengan tingkat kemampuan (*Activities of Daily Living/ADL*) pada lansia. Semakin tinggi klasifikasi hipertensi, semakin rendah kemampuan lansia dalam menjalani aktivitas sehari-hari secara mandiri. Bagi panti jompo diharapkan dapat meningkatkan pengawasan kesehatan terhadap tekanan darah lansia serta memberikan program olahraga ringan dan penyuluhan kesehatan secara berkala.

**Kata Kunci : Hipertensi, Lansia, Activities of Daily Living, Panti Jompo**

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***THE RELATIONSHIP OF HYPERTENSION CLASSIFICATION IN THE  
ELDERLY AND ACTIVITIES OF DAILY LIVING (ADL) IN NURSING  
HOMES IN CIREBON CITY***

***ABSTRACT***

*Hypertension is a chronic disease commonly experienced by the elderly and can affect their ability to perform daily activities (Activities of Daily Living/ADL). Elderly individuals with hypertension are at risk of decreased independence, especially if they are in Stage III hypertension. This study aims to determine the relationship between hypertension classification and the level of ability (Activities of Daily Living/ADL) in elderly residents of nursing homes in Cirebon City. This study used a cross-sectional design with a quantitative approach. A total of 45 elderly respondents were selected through purposive sampling. Data were collected through blood pressure measurements using a sphygmomanometer and observation of Activities of Daily Living (ADL), using the Barthel Index as the instrument. The results showed that the majority of respondents were in Stage III hypertension (48.9%) and had severe to total dependence in performing ADLs. The Chi-Square test indicated a significant relationship between hypertension classification and ADL ability level ( $p = 0.041$ ). There is a significant relationship between hypertension classification and the level of ability (Activities of Daily Living/ADL) in the elderly. The higher the hypertension classification, the lower the elderly's ability to independently carry out daily activities. It is recommended that nursing homes enhance health monitoring related to elderly residents' blood pressure and implement light exercise programs and regular health education sessions.*

***Keywords: Hypertension, Elderly, Activities of Daily Living, Nursing Home***

***References:53 (2020-2025)***