

**ABSTRAK**

Nama : Meilyndawati  
Program Studi : Ilmu Keperawatan  
Judul : Pengaruh Edukasi Perawatan Hipertensi Terhadap Penurunan Tekanan Darah di Posyandu Lansia Wilayah Kerja Puskesmas Kelurahan Penjaringan Jakarta Utara

(xiii + 56 halaman, 12 tabel, 3 skema, 8 lampiran)

Populasi lanjut usia di Indonesia semakin meningkat. Kenaikan hipertensi sejalan dengan pertambahan usia. Hipertensi merupakan faktor resiko utama penyakit kardiovaskuler, lansia merupakan kelompok rentan terhadap hipertensi. Prevalensi hipertensi pada lansia di Indonesia cukup tinggi diperkirakan sekitar 57.6%, di DKI Jakarta sebesar 28.8% dan di Posyandu Wilayah Kerja Puskesmas Kelurahan Penjaringan selama satu tahun 2017 sebanyak 100 lansia. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi perawatan hipertensi terhadap penurunan tekanan darah di Posyandu Lansia Wilayah Kerja Puskesmas Kelurahan Penjaringan Jakarta Utara. Desain penelitiannya adalah *pre-eksperimen* dengan pendekatan *one group pretest-posttest*. Populasi dalam penelitian ini peserta Posyandu Lansia di Wilayah Kerja Puskesmas Kelurahan Penjaringan dengan sampel berjumlah 72 responden. Teknik sampling yang digunakan dalam penelitian ini adalah *non probability sampling* dengan *purposive sampling* menggunakan kriteria inklusi dan eksklusi. Uji statistik yang digunakan adalah *Wilcoxon signed ranks test* berdasarkan hasil penelitian yang diperoleh nilai p-value 0,000 ( $<0,05$ ) yang berarti ada pengaruh yang signifikan antara sebelum dan sesudah edukasi perawatan hipertensi terhadap penurunan tekanan darah di Posyandu Lansia Wilayah Kerja Puskesmas Kelurahan Penjaringan Jakarta Utara. Dianjurkan bagi keluarga Lansia dengan hipertensi agar mendukung dalam melakukan perawatan hipertensi dan bagi Puskesmas Kelurahan Penjaringan untuk memantau posyandu secara berkala dan melakukan edukasi perawatan hipertensi secara periodik agar tidak terjadi komplikasi.

Kata Kunci : Hipertensi, Lansia, Perawatan Hipertensi

**ABSTRACT**

Name : Meilyndawati

Study : Nursing

Title : The Effect of Education on Hypertension Care on Decreasing Blood Pressure in Elderly Integrated Health Services in Penjaringan Public Health Center, North Jakarta

(xiii + 56 pages, 12 tables, 3 schemes, 8 attachments)

The elderly population in Indonesia is increasing. The increase in hypertension is in line with age. Hypertension is a major risk factor for cardiovascular disease, the elderly a group vulnerable to hypertension. The prevalence of hypertension in the elderly in Indonesia is quite high, estimated at around 57.6%, in DKI Jakarta at 28.8% and in the Elderly Integrated Health Services in Penjaringan Public Health Center for one year 2017 as many as 100 elderly. This study aims to determine the effect of hypertension care education on blood pressure reduction in the Elderly Integrated Health Services in Penjaringan Public Health Center, North Jakarta. The research design was pre-experiment with one group pretest-posttest approach. The population in this study were Elderly Integrated Health Services participant in the Penjaringan Public Health Center with a sample of 72 respondents. The sampling technique used in this study was non probability sampling with purposive sampling using inclusion and exclusion criteria. The statistical test used was Wilcoxon signed ranks test based on the results of the study which obtained p-value of 0,000 ( $<0.05$ ) which means that there was a significant influence between before and after hypertension care education on blood pressure reduction in the Elderly Integrated Health Services in Penjaringan Public Health Center. It is recommended for elderly families with hypertension to support the treatment of hypertension and for the Penjaringan Public Health Center to periodically monitor the Elderly Integrated Health Services and conduct periodic hypertension care education so that complications do not occur.

Keywords: Hypertension, Elderly, Hypertension Treatment