

ABSTRAK

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Frailty syndrome merupakan sindrom geriatri yang ditandai dengan penurunan cadangan fisiologis sehingga meningkatkan kerentanan lansia terhadap berbagai *stressor*. Kondisi ini sering terjadi pada lansia dengan hipertensi dan dapat menurunkan kualitas hidup, yaitu persepsi individu terhadap kondisi kehidupannya yang meliputi aspek fisik, psikologis, sosial, dan lingkungan. Penelitian ini bertujuan menganalisis hubungan *frailty syndrome* dengan kualitas hidup pada pasien hipertensi lansia di Wilayah Kerja UPTD Puskesmas Gayaman Mojokerto. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Populasi berjumlah 438 pasien hipertensi lansia dengan sampel 82 responden yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner RAPUH dan WHOQOL-BREF, kemudian dianalisis secara univariat dan bivariat menggunakan uji Spearman Rank (Spearman Rho) dengan tingkat signifikansi $\alpha = 0,05$. Hasil analisis menunjukkan nilai p-value = 0,000 ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara *frailty syndrome* dengan kualitas hidup pada pasien hipertensi lansia. Nilai koefisien korelasi sebesar -0,574 menunjukkan hubungan kuat dengan arah negatif, yang berarti semakin tinggi tingkat *frailty syndrome*, semakin rendah kualitas hidup. *Frailty syndrome* berhubungan signifikan dengan kualitas hidup pada pasien hipertensi lansia. Deteksi dini dan intervensi keperawatan diperlukan untuk mempertahankan fungsi fisik dan meningkatkan kualitas hidup lansia.

Kata kunci: *Frailty syndrome*, kualitas hidup, hipertensi, lansia.

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ABSTRACT

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Frailty syndrome is a geriatric syndrome characterized by a decline in physiological reserves, resulting in increased vulnerability to various stressors among older adults. This condition commonly occurs in elderly individuals with hypertension and may reduce their quality of life, which refers to an individual's perception of their position in life encompassing physical, psychological, social, and environmental aspects. This study aimed to analyze the relationship between frailty syndrome and quality of life among elderly patients with hypertension in the working area of Gayaman Public Health Center, Mojokerto. This study employed a correlational analytic design with a cross-sectional approach. The population consisted of 438 elderly patients with hypertension, and 82 respondents were selected using purposive sampling. Data were collected using the RAPUH questionnaire to assess frailty syndrome and the WHOQOL-BREF questionnaire to measure quality of life. Data were analyzed using univariate and bivariate analyses with the Spearman Rank (Spearman's Rho) test at a significance level of $\alpha = 0.05$. The analysis showed a p-value of 0.000 ($p < 0.05$), indicating a statistically significant relationship between frailty syndrome and quality of life among elderly patients with hypertension. The correlation coefficient was $r = -0.574$, indicating a strong negative correlation, meaning that a higher level of frailty syndrome was associated with a lower quality of life. Frailty syndrome was significantly associated with the quality of life of elderly patients with hypertension. Early detection of frailty syndrome and comprehensive nursing interventions are essential to maintain physical function and improve the quality of life of older adults.

Keywords: *Frailty syndrome, quality of life, hypertension, older adults.*

