

ABSTRAK

Hubungan Kemandirian Keluarga dengan Kemampuan Kontrol Tekanan Darah Lansia Hipertensi di Prolanis Puskesmas Gedongan Kota Mojokerto

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Hipertensi merupakan penyakit kronis yang membutuhkan pengelolaan berkelanjutan melalui kepatuhan minum obat, kontrol tekanan darah, pengaturan diet, aktivitas fisik, dan pemantauan tekanan darah secara mandiri. Keluarga berperan penting dalam membantu lansia mempertahankan perilaku pengendalian hipertensi. Penelitian ini bertujuan mengetahui hubungan kemandirian keluarga dengan kemampuan kontrol tekanan darah lansia hipertensi di Prolanis Puskesmas Gedongan Kota Mojokerto. Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Populasi penelitian terdiri atas 100 lansia peserta Prolanis dan sampel terdiri atas 60 lansia hipertensi yang dipilih menggunakan *purposive sampling*. Instrumen penelitian menggunakan kuesioner kemandirian keluarga dan kuesioner kemampuan kontrol tekanan darah yang terdiri atas 15 pernyataan. Analisis data menggunakan uji *Spearman Rho* dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa 28 responden (46,7%) memiliki kemandirian keluarga kategori cukup mandiri dan 25 responden (41,7%) memiliki kemampuan kontrol tekanan darah kategori mampu. Kelompok kurang mandiri terdiri atas 6 responden (10,0%) dengan kemampuan kontrol tekanan darah kurang mampu. Kelompok cukup mandiri terdiri atas 11 responden (18,3%) dengan kemampuan kurang mampu, 11 responden (18,3%) dengan kemampuan cukup mampu, dan 6 responden (10,0%) dengan kemampuan mampu. Kelompok mandiri terdiri atas 19 responden (31,7%) dengan kemampuan mampu. Uji *Spearman Rho* memperoleh *p value* = 0,001 dan koefisien korelasi 0,686, sehingga terdapat hubungan positif yang kuat antara kemandirian keluarga dengan kemampuan kontrol tekanan darah lansia hipertensi. Peningkatan kemandirian keluarga berkaitan dengan peningkatan kemampuan keluarga dalam mendukung kepatuhan minum obat, kontrol tekanan darah, diet rendah garam, aktivitas fisik, dan pemantauan tekanan darah secara mandiri.

Kata Kunci: kemandirian keluarga, kemampuan kontrol tekanan darah, lansia, hipertensi

ABSTRACT

The Relationship between Family Independence and Blood Pressure Control Ability among Elderly People with Hypertension in Prolanis at Gedongan Public Health Center, Mojokerto City

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Hypertension is a chronic disease requiring continuous management through medication adherence, regular blood pressure monitoring, dietary management, physical activity, and self-monitoring. Families play an important role in supporting elderly people in maintaining hypertension control behaviors. This study aimed to determine the relationship between family independence and blood pressure control ability among elderly people with hypertension in Prolanis at Gedongan Public Health Center, Mojokerto City. The study used a correlational analytic design with a *cross-sectional* approach. The population consisted of 100 elderly Prolanis participants, with 60 elderly people with hypertension selected using *purposive sampling*. Data were collected using family independence and blood pressure control ability questionnaires consisting of 15 statements. Data analysis used the *Spearman Rho* test with a significance level of $\alpha = 0.05$. The results showed that 28 respondents (46.7%) had moderately independent families, while 25 respondents (41.7%) had good blood pressure control ability. The less independent group consisted of 6 respondents (10.0%) with inadequate blood pressure control ability. The moderately independent group consisted of 11 respondents (18.3%) with inadequate ability, 11 respondents (18.3%) with adequate ability, and 6 respondents (10.0%) with good ability. The independent group consisted of 19 respondents (31.7%) with good blood pressure control ability. The *Spearman Rho* test obtained a *p-value* of 0.001 and a correlation coefficient of 0.686, indicating a strong positive relationship between family independence and blood pressure control ability. Higher family independence was associated with better family ability to support medication adherence, blood pressure monitoring, low-salt diet, physical activity, and self-monitoring.

Keywords: family independence, blood pressure control ability, elderly, hypertension