

ABSTRAK

Zaman, Wildan Qomaruz, 2016. **Hubungan Dukungan Keluarga Dengan Stres Lansia Hipertensi di Desa krosok Kecamatan Sendang Kabupaten Tulungagung**. Program Studi ilmu Keperawatan Fakultas Kedokteran Universitas Brawijaya, Pembimbing 1) Ns. Setyoadi, S.Kep, M.Kep, Sp.Kep.kom. And 2) Ns. Dewi Kartikawatiningsih, S.Kep, MPH

Stres merupakan suatu hal yang dapat terjadi pada setiap individu. Setiap orang pasti pernah mengalami stres baik berupa stres ringan, sedang atau berat. Peningkatan jumlah lansia di Indonesia membawa dampak terhadap berbagai aspek kehidupan, khususnya bagi lansia itu sendiri dan keluarganya. Berdasarkan hasil studi pendahuluan didapatkan hasil bahwa 4 dari 10 lansia menyatakan sering marah-marah, tidak sabar dan terjadi gejala seperti susah tidur, dan sebanyak 40% mengatakan dukungan dari keluarganya masih kurang. Desain penelitian menggunakan *deskriptif korelatif* dengan pendekatan *Cross sectional*. Pengumpulan data dilakukan dengan kuesioner. Jumlah responden sebanyak 150 dengan teknik *purposive sampling*. Pada penelitian ini menggunakan uji *Spearman Rank*. Berdasarkan hasil analisa diperoleh bahwa dari 150 responden penelitian, rata-rata usia lansia di Desa krosok yaitu 67 tahun, dengan karakteristik jenis kelamin sebagian besar berjenis kelamin laki-laki yaitu 59%, karakteristik berdasarkan kebiasaan merokok sebagian besar merokok yaitu 54%, karakteristik kebiasaan diet rendah garam sebagian besar lansia menerapkan diet rendah garam yaitu 82%, dan untuk karakteristik berdasarkan riwayat hipertensi mayoritas memiliki riwayat hipertensi yaitu 61%. Hasil penelitian menunjukkan 58% responden memiliki dukungan keluarga baik dan 42% responden memiliki dukungan keluarga cukup. Sebanyak 69,5% dengan stres ringan, stres sedang 30,5%. Kesimpulan dari penelitian ini ada hubungan antara dukungan keluarga dengan stres pada lansia yang mengalami hipertensi ($p\text{ value} < 0,05$).

Keyword: Dukungan Keluarga, Stres, Lansia hipertensi

ABSTRACT

Zaman, Wildan Qomaruz, 2016. **The relationship between family support with stress on elderly who have hypertension in krosok village of Sendang subdistrict Tulungagung.** thesis, Nursing Science Program of Medicine faculty of brawijaya university, Supervisor 1) Ns. Setyoadi, S.Kep, M.Kep, Sp.Kep.kom. And 2) Ns. Dewi Kartikawatiningsih, S.Kep, MPH

Stress is something that can happen to any individual. Everyone has experienced stress in the form of mild stress, moderate or severe. The development of elderly people in Indonesia from year to year has an increasing numbers. That increasing number of elderly have an impact on various aspects of their life, especially for the elderly themselves and their families. Based on the results of preliminary studies that have been conducted, 4 from 10 elderly stated that they were angry, impatient, and symptoms such as sleeplessness, and as many as 40% said that the support of his family is still lacking. This study was a descriptive corelative, with cross sectional approach. Data was collected by giving questionnaire. Total respondents 150 with purposive sampling technique. The data obtained were processed statistically by using Spearman Rank test. Based on the analysis results showed from the survey of 150 respondents, The average of elderly age in the Krosok village was 67 years, with the sexes characteristics are mostly sex male that is 59%, the characteristics based on smoking habits mostly smoke is 54%, the characteristic habit of low-salt diet most elderly were applying low-salt diet is 82%, and for the majority of the characteristics based on a hypertension history had a history of hypertension was 61%. Results showed 58% of respondents have a good family support and 42% of respondents have enough family support. A total of 69.5% with a mild stress, the stress was 30.5%. The conclusion of this study there is a relationship between the stress on the family support elderly people who have hypertension (p value <0.05).

Keyword: Family Support, Stress, hypertension Elderly