

## ABSTRAK

Anggana, Riyan Aji 2016. **Hubungan Tingkat Aktivitas Keagamaan dengan Kualitas Hidup Lansia yang Mengalami Hipertensi di Posyandu Lansia Desa Sekarpuro Kecamatan Pakis Kabupaten Malang**. Tugas Akhir, Jurusan Ilmu Keperawatan Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) dr. Wening Prastowo, Sp.F (2) Ns. Mukhamad Fathoni, S.Kep, MNS

Lansia hipertensi memiliki dampak buruk pada kualitas hidupnya, baik dalam skala ringan maupun berat. Kualitas hidup dapat diukur melalui 4 dimensi yaitu : dimensi fisik, psikologis, hubungan sosial dan lingkungan. Perubahan spiritual pada lansia dapat diamati melalui aktivitas keagamaan yang dilakukan oleh lansia dalam kehidupan sehari-hari. Penelitian ini bertujuan untuk mengetahui hubungan tingkat aktivitas keagamaan dengan kualitas hidup lansia yang mengalami hipertensi di Posyandu Lansia Desa Sekarpuro Kecamatan Pakis Kabupaten Malang. Penelitian ini merupakan penelitian deskriptif korelasi dengan menggunakan pendekatan cross sectional. Teknik pengambilan sampel menggunakan metode *non-random sampling* sebanyak 39 lansia. Instrumen yang digunakan dalam penelitian ini adalah kuisioner tingkat aktivitas keagamaan dan kuisioner kualitas hidup *WHOQoL (World Health Organization Quality of Life)*. Hasil uji korelasi *Spearman Rank (Rho)* menunjukkan bahwa koefisien korelasi ( $r$ ) antara tingkat aktivitas keagamaan dengan kualitas hidup lansia yaitu ( $r$ ) 0.585 dengan tingkat signifikansi ( $P$ ) 0.000. Hal ini menggambarkan bahwa terdapat hubungan yang bermakna antara tingkat aktivitas keagamaan dengan kualitas hidup lansia hipertensi dimana kekuatan hubungannya cukup kuat yang positif. Berdasarkan hasil penelitian ini, maka disarankan praktek keperawatan dapat menerapkan asuhan keperawatan secara holistik baik dalam aspek biologis, psikologis, sosiologis, spiritual, dan kultural. Proses pemberian asuhan keperawatan pada aspek spiritual dapat diterapkan melalui pemenuhan kebutuhan aktivitas keagamaan.

Kata Kunci: Aktivitas Keagamaan, Kualitas Hidup, Lansia, Hipertensi

## ABSTRACT

Anggana, Riyan Aji. 2016. ***The Correlation of Religious Activity Level with Quality of Life in Elderly with Hypertension in Posyandu Lansia of Sekarpuro Village Pakis Subdistrict Malang District.*** Final Assignment, Nursing Program, Medical Faculty of Brawijaya University. Supervisors: (1) dr. Wening Prastowo, Sp.F (2) Ns. Mukhamad Fathoni, S.Kep, MNS

Elderly hypertension have a devastating effect on quality of life, both in the scale of mild or severe. Quality of life can be measured through four dimensions: physical, psychological, social relationships and environment. Spiritual changes in the elderly can be observed through religious activities conducted by the elderly in everyday life. This study aims to determine the correlation between religious activity with the quality of life of elderly people who have hypertension in the elderly Posyandu Sekarpuro Desa Pakis subdistrict Malang. This research is descriptive correlation with cross sectional approach. The sampling technique using non-random sampling method were 39 elderly. The instrument used in this study was a questionnaire level of religious activity and the quality of life questionnaire WHOQOL (World Health Organization Quality of Life). The result of Spearman Rank correlation (Rho) showed that the correlation coefficient (r) between the level of religious activity with the quality of life of the elderly is (r) 0.585 with a level of significance (P) 0000. This illustrates that there is a significant relationship between the level of religious activity with the quality of life of elderly hypertensive where force strong enough positive relationship. Based on these results, it is recommended that nursing practice can implement holistic nursing care in both the biological, psychological, sociological, spiritual, and cultural. The process of nursing care on the spiritual aspect can be applied through the fulfillment of religious activity.

Keywords: Religious Activities, Quality of Life, Elderly, Hypertension