

ABSTRACT

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Factors Affecting Hypertension in Elderly at Posyandu Elderly Merpati
Kelurahan Talang Betutu Palembang

SKRIPSI

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Background: *Elderly in general many decreased due to natural processes is one of the health problems that are symbolically associated with aging include heart problems such as hypertension. Hypertension is a persistent or persistent blood pressure that exceeds the normal limit of systolic pressure above 140mmHg and diastolic pressure above 90mmHg. Hypertension can be caused by various factors, like smoking, physical activity, a lot salt consumption and a lot fat consumption.*

Aim: *The Purpose of this study was to determine the factors that affect hypertension in the elderly in posyandu elderly Merpati Kelurahan Talang Betutu.*

Method: *This study uses analytic survey method with cross sectional design. Data analysis technique used is Kendal Tau and Fisher's Exact test. Sampling method using total sampling with total sample 41 samples at Posyandu Lansia Merpati Kelurahan Talang Betutu Palembang.*

Result: *The result of univariate analysis showed that 34 (82,9%) did not smoke, 20 (48,8%) with less physical activities, 22 (53,7%) had poor salt consuming, and 20 (48,8%) have less good fat consuming. The result of bivariate analysis showed no correlation between smoking habit and hypertension ($p= 0,482$), there was no correlation between physical activity with hypertension ($p = 0,414$), there was correlation between salt consumption with hypertension ($p =0,037$), and there is no relationship between fat consumption with hypertension ($p= 0.539$). For elderly who suffer from hypertension to always control blood pressure and avoid the factors that affect hypertension.*

Key words: *Elderly, Hypertension, Risk Factors*