

# HUBUNGAN STATUS TEKANAN DARAH DENGAN GANGGUAN FUNGSI KOGNITIF PADA LANSIA DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS BULELENG I

Oleh

I Gede Agustian Aristhagoza, NIM 2018011056

Program Studi Kedokteran

## ABSTRAK

Hipertensi merupakan penyakit degeneratif yang dapat secara langsung mengganggu unit neurovaskular dan secara tidak langsung bisa membuat hilangnya autoregulasi serebral, kopling neurovaskular, akumulasi beta amiloid, serta *microvascular rarefaction*, sehingga pada akhirnya berefek pada fungsi kognitif seseorang. Penelitian ini dilakukan pada lansia hipertensi di wilayah kerja Puskesmas Buleleng I yang bertujuan untuk mengetahui hubungan status tekanan darah dengan gangguan fungsi kognitif. Data primer dikumpulkan mulai dari Bulan Agustus-Oktober 2023. Penelitian analitik komparatif observasional ini mempunyai populasi penelitian yaitu lansia dengan hipertensi di wilayah kerja Puskesmas Buleleng I. Pemilihan sampel dilakukan dengan teknik *Total Sampling* sehingga mendapatkan 139 orang lansia. Teknik pengumpulan data penelitian ini menggunakan pengukuran tekanan darah dan wawancara menggunakan kuisioner *Montreal Cognitive Assessment (MoCA-Ina)* yang diukur oleh 2 petugas lapangan yang telah berkenan dan terlatih. Berdasarkan hasil uji *Fisher's Exact* tabel kontingensi 2x2 untuk menganalisis hubungan antara status tekanan darah hipertensi dengan gangguan fungsi kognitif diperoleh  $p\text{-value} = 0,113$  ( $p > 0,05$ ). Maka dapat disimpulkan bahwa tidak terdapat hubungan status tekanan darah dengan gangguan fungsi kognitif pada lansia dengan hipertensi di wilayah kerja Puskesmas Buleleng I.

**Kata-kata kunci:** lansia, hipertensi, gangguan fungsi kognitif

**THE RELATIONSHIP OF BLOOD PRESSURE STATUS WITH  
COGNITIVE FUNCTION IMPAIRMENTS IN ELDERLY WITH  
HYPERTENSION IN THE WORKING AREA OF THE BULELENG I  
COMMUNITY HEALTH CENTER**

**By**

**I Gede Agustian Aristhagoza, NIM 2018011056**

**Department of Medicine**

**ABSTRACT**

Hypertension is a degenerative disease that can directly disrupt the neurovascular unit and indirectly cause loss of cerebral autoregulation, neurovascular coupling, accumulation of beta amyloid, and microvascular rarefaction, which ultimately has an effect on a person's cognitive function. This research was conducted on hypertensive elderly people in the Buleleng I Community Health Center working area with the aim of determining the relationship between blood pressure status and impaired cognitive function. Primary data was collected starting from August-October 2023. This observational comparative analytical research had a research population, namely elderly people with hypertension in the working area of the Buleleng I Community Health Center. Sample selection was carried out using the Total Sampling technique, resulting in 139 elderly people. The data collection technique for this research used blood pressure measurements and interviews using the Montreal Cognitive Assessment (MoCA-Ina) questionnaire which was measured by 2 field officers who were willing and trained. Based on the results of the Fisher's Exact test, the 2x2 contingency table to analyze the relationship between hypertension blood pressure status and impaired cognitive function obtained p-value = 0.113 ( $p > 0.05$ ). So it can be concluded that there is no relationship between blood pressure status and impaired cognitive function in elderly people with hypertension in the working area of the Buleleng I Community Health Center.

**Keywords:** elderly, hypertension, impaired cognitive function