

HUBUNGAN KADAR KOLESTEROL TOTAL DENGAN KEJADIAN HIPERTENSI PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA JARA MARA PATI

Oleh:

Ni Putu Pramesya Bulandari, NIM 2218011054

Program Studi Kedokteran

ABSTRAK

Hipertensi disebut *silent killer* karena sering tidak disadari penderitanya. Pada kelompok usia lanjut, hipertensi merupakan salah satu faktor utama yang berkontribusi terhadap tingginya angka kematian. Berdasarkan hasil studi pendahuluan di Panti Sosial Tresna Werdha Jara Mara Pati, prevalensi kejadian hipertensi tergolong tinggi. Salah satu penyebab hipertensi adalah aterosklerosis yang sering kali dipicu oleh tingginya kadar kolesterol dalam darah. Penelitian ini bertujuan untuk mengetahui hubungan antara kadar kolesterol total dengan kejadian hipertensi pada lansia di Panti Sosial Tresna Werdha Jara Mara Pati. Desain penelitian yang digunakan yakni *cross-sectional*. Populasi penelitian terdiri atas lansia di Panti Sosial Tresna Werdha Jara Mara Pati yang memenuhi kriteria inklusi dan eksklusi. Pengambilan sampel dilakukan dengan teknik *total sampling*. Data primer yang diperoleh mencakup kadar kolesterol total diukur menggunakan alat digital *easy touch* dan tekanan darah diukur menggunakan sphygmomanometer. Uji analisa yang digunakan adalah korelasi *Rank Spearman*. Hasil uji analisis *Rank Spearman Corelation* menunjukkan p value = 0,159 ($p > 0,05$) serta koefisien korelasi (r) 0,221 menunjukkan bahwa tidak terdapat hubungan signifikan antara kadar kolesterol total dengan kejadian hipertensi pada responden.

Kata kunci: hipertensi, kadar kolesterol total, lansia

**THE RELATIONSHIP BETWEEN TOTAL CHOLESTEROL LEVELS AND
THE INCIDENCE OF HYPERTENSION IN ELDERLY PEOPLE AT THE
TRESNA WERDHA JARA MARA PATI SOCIAL WELFARE
INSTITUTION**

By:

Ni Putu Pramesya Bulandari, NIM 2218011054

Medical Program Study

ABSTRACT

Hypertension is called a silent killer because it often goes unnoticed by sufferers. In the elderly, hypertension is one of the main factors contributing to high mortality rates. Based on the results of a preliminary study at the Tresna Werdha Jara Mara Pati Social Welfare Institution, the prevalence of hypertension is relatively high. One of the causes of hypertension is atherosclerosis, which is often triggered by high blood cholesterol levels. This study aims to determine the relationship between total cholesterol levels and the incidence of hypertension in the elderly at the Tresna Werdha Jara Mara Pati Social Welfare Institution. The research design used was cross-sectional. The study population consisted of elderly people at the Tresna Werdha Jara Mara Pati Social Welfare Institution who met the inclusion and exclusion criteria. Sampling was carried out using total sampling technique. The primary data obtained included total cholesterol levels measured using a digital easy touch device and blood pressure measured using a sphygmomanometer. The analysis test used was Spearman's rank correlation. The results of the Spearman's rank correlation analysis showed a p-value of 0.159 ($p > 0.05$) and a correlation coefficient (r) of 0.221, indicating that there was no significant relationship between total cholesterol levels and the incidence of hypertension in the respondents.

Keywords: hypertension, total cholesterol levels, elderly