



THE OVERVIEW OF BLOOD PRESSURE AT ELDERLY IN SOCIAL HOME TRESNA WERDHA BATUSANGKAR

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ABSTRACT

The success of a health program in a country can be measured by a decrease in the mortality rate in that country, low mortality will be directly proportional and can be seen from the increasing number of elderly people, Hypertension is one of the degenerative diseases which is the main cause of death in developed countries, WHO also noted that in recent years cases of hypertension have continued This has increased significantly, of course this is a problem throughout the world, because of this researchers are interested in knowing the overview of blood pressure in elderly hypertension at the Batusangkar Tresna Werdha Social home. July 2020. The design of this research is descriptive with a cross sectional approach, with a sampling technique that is accidental sampling. Of the total 70 elderly people at the Social home, 40 people who have had a history of medical records with a diagnosis of hypertension have been sampled. Data collection uses observation sheets of blood pressure measurements, stethoscopes, and sphygmomanometer or tensimeter. The results showed that a small proportion of 22.5% of the elderly had mild hypertension, then more than half of the 57.5% of the elderly had moderate hypertension and a smaller portion, namely 20.0% of the elderly, had severe hypertension, seen from the characteristics of the respondents with moderate hypertension, young people than severe hypertension, from this it can be concluded that, many factors can affect the classification of a person's hypertension, hypertension can occur due to lack of information to the elderly about disease prevention, lack of programs for the health of the elderly, and most importantly the continuity of the elderly in prevention. Like habits, both sports and food, of course there must be real efforts that can be developed by the government as a program.

Keywords: *Elderly, Blood Pressure, Hypertension*

INTRODUCTION

Hypertension is a disease that must be of serious concern, this disease often suddenly endangers the sufferer, in several countries hypertension is often a disease with the highest prevalence rate and the largest contributor to death (Pujianta et al., 2015). Hypertension often makes sufferers fooled, because there are no signs or symptoms that can be seen from the outside, Riskesdas (2015) states that hypertension in Indonesia is a health problem with a high prevalence of 25.8% (Yulikasari, 2015). Hypertension is the number 3 cause of death after stroke and tuberculosis, with PMR (Proportional Mortality Rate) reaching 6.7% of the population of deaths at all ages in Indonesia (Siringoringo et al., 2014). In the elderly, hypertension becomes easier to occur considering the aging organs function. Hypertension is high pressure in the arteries

which is high when the systolic pressure is 140 mmHg or more continuously, the diastolic pressure is 90 mmHg or more continuously or both (Suiraka, 2012), if hypertension is not properly treated and identified for treatment. earlier, the mortality rate and productivity especially the elderly will be greater, this will affect the progress and productivity of a country.

From the above background, it is necessary to conduct research to determine the description of blood pressure in hypertensive elderly, so that this can be a first step for prevention. (Siringoringo et al, 2014).

MATERIAL AND METHOD

The design of this study is descriptive with a cross sectional approach, data collection using observation sheets measuring blood pressure, stethoscope, and sphygmomanometer



or tensimeter. This research was conducted by taking samples from the Tresna Werdha social institution, Tanah Datar district in July 2020. The population in this study were all elderly suffering from hypertension at the Tresna Werdha Social home, Tanah Datar, with a sampling technique, namely Accidental sampling, (Notoatmodjo, 2015). Of the total 70 elderly people in the tresna werdha social institution, about 48 people suffer from hypertension and have a history of medical records of hypertension and finally 40 people

who fit the criteria become samples in this study. (Nursalam 2013).

RESULTS

The total number of elderly people with various kinds of diseases suffered, for hypertension alone, almost half of the elderly in the nursing home suffer from hypertension and the sample in this study is around 40 people and this study was conducted during July 2020.

Table
Frequency Distribution of Blood Pressure in the Elderly with Hypertension at the Tresna Werda Social Institution Batusangkar 2020

No	Blood pressure systolic	F	%
1	Milh hypertension	9	22,5
2	Moderate Hypertension	23	57,5
3	Severe Hypertension	8	20,0
	total	40	100

Table 5.1 shows that more than half of the studied elderly (57.5%) elderly systolic blood pressure showed moderate blood pressure.

DISCUSSION

Elderly Blood PressureBased on the results of research that has been done, it was found that half (50%) of the systolic blood pressure of the elderly showed moderate blood pressure. The incidence of hypertension will increase with age as reflected in the characteristics of the respondents, where all respondents are between 63-86 years old. (Fatimah 2014) From the characteristics of the respondents, it can be seen that the elderly who have moderate blood pressure are between the ages of 63-67 years and those who suffer from severe hypertension are over 67 years old and above. This is caused by a decrease in various body functions in the elderly, including changes in the cardiovascular system where the blood vessels experience atherosclerosis or calcification of the walls of blood vessels which can block blood flow and cause the artery walls to start to thicken and stiff so that they cannot expand when the heart pumps blood through the arteries. (Pujianta, dkk. 2015) The same opinion was also expressed in

Rizqiyatiningsih's research where the results of his research showed that respondents who experienced severe hypertension were more than 60-74 years old, namely 27 lanisa (67.5%). Where the higher a person's age, the higher the blood pressure, so that older people tend to have higher blood pressure than younger people (Rizqiyatiningsihdkk, 2014).

Furthermore, the results of research by Hartanti regarding blood pressure in the elderly showed 160 mmHg systolic (40%) and 100 mmHg diastolic (60%) with the highest respondent's systolic blood pressure of 160 mmHg systolic (40%) and the lowest was 148 mmHg systolic. (10%), the highest respondent's diastolic blood pressure was 110 mmHg (30%) and the lowest was 90 mmHg (10%). The mean systolic blood pressure was 155.6 mmHg and the mean 102 mmHg. (Ode, S. L. 2013)

According to the researchers' assumptions, based on the analysis found in the field of high blood pressure in the elderly it occurs because in addition to age, gender, medical history and other factors, high blood pressure continues because it is also caused by a lack of well-circulating oxygen intake. physical without a good circulation reference in order to lower blood pressure, then the tendency of the



elderly's diet that cannot freely choose the food they want in social institutions because the manager usually uses the same menu for all residents of the orphanage, then what cannot be separated from the observation of researchers is rest and sleep patterns. (Dalimartha, S, et al. 2011) With the many factors that trigger hypertension, the most likely thing to do is how to prevent and reduce the risk of hypertension so that it is not dangerous, it is necessary to conduct further research to prevent hypertension in the form of non-pharmacological therapy because the elderly, as already stated previously at risk of pharmacological side effects due to decreased organ function due to aging. (Kushariyadi. 2014).

CONCLUSION

Based on the results of research that has been conducted regarding the description of blood pressure in elderly hypertension at the Tresna Werda Batusangkar Social Institution, the following conclusions can be drawn:

1. Systolic blood pressure in the elderly, a fraction (22.5%) showed mild blood pressure
 2. Systolic blood pressure in the elderly, more than half (57.5%) showed moderate blood pressure
 3. Systolic blood pressure in the elderly, a fraction (20.0%) indicates mild blood pressure.
- Based on the analysis found in the field, high blood pressure in the elderly occurs because in addition to factors of age, gender, food health history, daily habits and other factors, high blood pressure continues because it is also caused by a lack of well-circulating oxygen intake.

With the many factors that trigger hypertension, the most likely to be done is how to prevent and reduce the risk of hypertension so that it is not dangerous, therefore it is necessary to conduct further research to prevent hypertension in the form of non-pharmacological therapy because the elderly, as previously stated, are at risk of pharmacological side effects because decline in organ function due to and aging.

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