

**ABSTRAK**

**HUBUNGAN DUKUNGAN KELUARGA DENGAN *ACTIVITY DAILY LIVING* PADA LANSIA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS SARONGGI**

**Oleh: Noraini**

Hipertensi sering kali menyerang lansia dikarenakan menurunnya fungsi fisiologis pada sistem kardiovaskuler yang menyebabkan tekanan darah meningkat. Penurunan fungsi fisiologis ini dapat mengganggu aktivitas sehari-hari sehingga membuat mereka bergantung pada keluarga. Tujuan penelitian ini untuk menganalisis hubungan dukungan keluarga dengan *activity daily living* pada lansia penderita hipertensi di wilayah kerja puskesmas Saronggi. Penelitian ini merupakan penelitian kuantitatif menggunakan metode observasional analitik dengan rancang bangun korelasional. Teknik sampling yang digunakan adalah *simple random sampling* dengan 63 responden. Variabel independen adalah dukungan keluarga dan variabel dependen adalah *activity daily living*. Data analisis menggunakan uji *spearman*. Pengumpulan data menggunakan kuesioner dukungan keluarga dan *indeks barthel*. Hasil penelitian didapatkan sebagian besar lansia penderita hipertensi memiliki dukungan keluarga yang tinggi sebanyak 36 responden (57,1%) dan sebagian besar memiliki ketergantungan ringan sebanyak 33 responden (52,4%). Hasil uji statistik didapatkan nilai ( $p = 0,001$ ) lebih kecil dari ( $\alpha = 0,05$ ) yang berarti ada hubungan signifikan antara dukungan keluarga dengan *activity daily living* pada lansia penderita hipertensi. Kesimpulan penelitian ini yaitu adanya hubungan dukungan keluarga dengan *activity daily living* pada lansia penderita hipertensi di Wilayah Kerja Puskesmas Saronggi. Diharapkan keluarga dapat memberikan dukungan yang maksimal pada lansia penderita hipertensi sehingga aktivitas sehari-hari meningkat dan kesehatan mereka lebih terjaga.

**Kata kunci: Dukungan Keluarga, *Activity Daily Living*, Lansia, Hipertensi**

**ABSTRACT**

***THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND DAILY LIVING ACTIVITIES IN THE ELDERLY WITH HYPERTENSION IN THE SARONGGI HEALTH CENTER***

**By: Noraini**

*Hypertension often affects the elderly due to decreased physiological function in the cardiovascular system, which causes blood pressure to increase. This decrease in physiological function can interfere with daily activities, so they become dependent on their families. The study aims to analyze the relationship between family support and daily living activities in the elderly with hypertension in the Saronggi Health Center. This study was a quantitative research using an observational analytical method with a correlational design. The sampling technique was simple random sampling with 63 respondents. The independent variable was family support, and the dependent variable was activity in daily living. The data was analyzed using the Spearman test. Data collection used family support questionnaires and the Barthel index. The results of the study showed that most of the elderly with hypertension had high family support, with as many as 36 respondents (57.1%). Most of them had mild dependency, as many as 33 respondents (52.4%). The statistical test results obtained a value ( $p = 0.001$ ) smaller than ( $\alpha = 0.05$ ), meaning a significant relationship exists between family support and daily living activities in the elderly with hypertension. This study concludes that there is a relationship between family support and daily living activities in the Saronggi Health Center for the elderly with hypertension. It is hoped that the family can provide maximum support to the elderly with hypertension so that their daily activities increase and their health is maintained.*

***Keywords: Family Support, Daily Living Activities, Elderly, Hypertension***