

INTISARI

Elma Angelina. NIM 1201025. Hubungan Hipertensi dengan Kadar Ureum pada Lansia di Posyandu Lansia Adhiyuswo VI Desa Bentakan Kabupaten Sukoharjo.

Hipertensi dalam jangka waktu yang lama dapat menurunkan fungsi ginjal yang berdampak pada kerusakan pembuluh darah ginjal karena mengkerut dan mengeras, sehingga meningkatkan kadar ureum di dalam darah. Tujuan peneliiian ini adalah untuk mengetahui hubungan hipertensi dengan kadar ureum pada lansia di Posyandu Lansia Adhiyuswo VI Desa Bentakan.

Lanjut usia merupakan seseorang yang telah memasuki usia 60. Pada lansia mengalami perubahan baik secara fisik, mental, maupun sosial. Contoh perubahan bersifat fisik antara lain penurunan kekuatan fisik, stamina, dan penampilan.

Penelitian ini menggunakan metode analitik observasional melalui pendekatan *cross sectional* dengan teknik purposive sampling. Tekanan darah dari 33 responden di periksa menggunakan alat spigmomanometer dan kadar ureum pada sampel darah diperiksa menggunakan alat Fotometer Clima MC 15 di Laboratorium Kimia Klinik STIKES Nasional.

Hasil penelitian ini didapatkan hasil uji normalitas data terdistribusi normal ($p > 0,05$) pada hipertensi dan kadar ureum. Lalu dilanjutkan dengan uji *One Way Anova* dengan nilai $p = 0,000$. Dapat disimpulkan bahwa terdapat hubungan yang bermakna antara hipertensi dengan kadar ureum pada lansia di Posyandu Lansia Adhiyuswo VI Desa Bentakan Kabupaten Sukoharjo.

Kata Kunci: Hipertensi, Ureum, Lansia

ABSTRACT

Elma Angelina. NIM 1201025. The Correlation of Hypertension with Urea Levels in Elderly at Posyandu Lansia Adhiyuswo VI Bentakan Village Sukoharjo Regency.

Hypertension in the long term can reduce kidney function which has an impact on damage to the kidney blood vessels because they contract and harden, thus increasing the level of urea in the blood. The purpose of this study was to determine the relationship between hypertension and urea levels in the elderly at the Adhiyuswo VI Elderly Health Center in Bentakan Village.

Elderly is someone who has entered the age of 60. The elderly experience changes both physically, mentally and socially. Examples of physical changes include decreased physical strength, stamina, and appearance.

This research uses observational analytic method through cross sectional approach with purposive sampling technique. The blood pressure of 33 respondents was checked using a sphygmomanometer and urea levels in blood samples were checked using a Clima MC 15 Photometer at the National STIKES Clinical Chemistry Laboratory.

The results of this study showed that the data normality test results were normally distributed ($p > 0.05$) in hypertension and urea levels. Then proceed with the One Way Anova test with a value of $p = 0.000$. It can be concluded that there is a significant relationship between hypertension and urea levels in the elderly at the Adhiyuswo VI Elderly Posyandu, Bentakan Village, Sukoharjo Regency.

Keywords: Hypertension, Urea, Elderly