

Pengaruh Intervensi Keperawatan Manajemen Stres, Exercise dan Diet Hipertensi (MANSET HT) terhadap pengendalian hipertensi pada Lansia di Kelurahan Curug Kecamatan Cimanggis Kota Depok = The effect of Nursing Interventions of Stress Management, Exercise, and Hypertension Diet (MANSET HT) to control the hypertension in elderlies in Curug Village Cimanggis Depok

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Abstrak

Lansia hipertensi merupakan kelompok rentan (vulnerable) karena adanya perubahan fisiologis sistem kardiovaskuler, keterbatasan sumber daya ekonomi, gaya hidup tidak sehat dan berbagai kejadian kehidupan seperti kehilangan pasangan serta meningkatnya prevalensi hipertensi dari tahun 2007 sebesar 7,2% menjadi 9,4% pada tahun 2013. Penulisan Karya Ilmiah Akhir ini bertujuan untuk mengetahui pengaruh intervensi MANSET HT terhadap pengendalian hipertensi pada lansia dengan menggunakan integrasi model teori manajemen, Community as Partner, Family Centered Nursing, dan Self Care Activity. Besar sampel 30 lansia dengan hipertensi. Intervensi selama 9 bulan terdiri dari kombinasi relaksasi meditasi, olahraga, relaksasi otot progresif dan pengaturan diet hipertensi. Hasil uji statistik terjadi penurunan tekanan darah yang signifikan (p value 0,000). Intervensi terbukti efektif sehingga direkomendasikan sebagai salah satu program pembinaan kesehatan lansia secara berkelanjutan oleh Dinas Kesehatan dan Puskesmas melalui program perawatan kesehatan masyarakat.

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Elderly with hypertension is one of the vulnerable groups. The factors that influence the vulnerability in elderly with hypertension consist of cardiovascular system changes due to the aging process, the economic resources, unhealthy lifestyle and life events such as loss of partner. The prevalence of hypertension in Indonesia increased from 7.2% in 2007 to 9.4% in 2013. The purpose of this study was asses the effect of the intervention MANSET HT to control hypertension in the elderly using the integration model of management theory, the community as a partner, family centered nursing, and self-care activity. MANSET HT intervention was conducted on 30 elderlies with hypertension for 9 months consisted of a combination of relaxation meditation, exercise, progressive muscle relaxation and hypertension diet management. Statistical test results showed a significant decrease in blood pressure after the intervention (p value 0.000). This intervention was effective to control the hypertension. It is recommended that elderly health coaching program development should be done in a sustainable manner in the ministry of health and community health center by community nursing cara programme.