

Hubungan gangguan mental emosional dengan hipertensi antara pra-lansia dan lansia di Indonesia: analisis data Riskesdas 2013 = Associated between mental emotional disorders and hypertension among middle-aged and elderly in Indonesia: data analysis of Riskesdas 2013

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Abstrak

Prevalensi gangguan mental emosional atau distres psikologik di Indonesia semakin bertambah seiring dengan semakin tuanya kelompok umur. Salah satu penyakit yang dapat ditimbulkan dari adanya gangguan mental emosional ini adalah hipertensi. Penelitian ini bertujuan untuk melihat ada tidaknya hubungan gangguan mental emosional dengan hipertensi antara pra-lansia dan lansia di Indonesia setelah dikontrol variabel kovariat. Desain studi potong lintang, dengan menggunakan data riskesdas 2013. Sampel penelitian pra-lansia (45-59 tahun) dan lansia (60 tahun) yang memiliki data variabel lengkap sebesar 149175 sampel. Variabel kovariat penelitian umur, jenis kelamin, status perkawinan, pekerjaan, pendidikan, perilaku merokok. Hubungan variabel dinilai dengan analisis bivariat dan multivariat. Hasil penelitian menunjukkan persentase penduduk dengan gangguan mental emosional yang mengalami hipertensi 44,2%. Faktor-faktor terbesar yang berhubungan dengan hipertensi gangguan mental emosional (OR = 1,604; CI=1,539-1,672), Kelompok Umur Lansia (OR = 2,684; CI = 2,624-2,745), Cerai (OR=2,153; CI=2,093-2,215), tidak bekerja (OR=2,472; CI=2,365-2,583) dan tingkat pendidikan rendah (OR=1,626; CI=1,543-1,715). Pra-lansia dan lansia dengan gangguan mental emosional memiliki peluang 1,297 kali lebih tinggi untuk mengalami hipertensi dibandingkan pra-lansia dan lansia yang tidak mengalami gangguan mental emosional setelah dikontrol dengan variabel kovariat. Diperlukan penelitian lebih lanjut dengan memasukkan lebih banyak variabel kovariat.

.....The prevalence of mental emotional disorders or psychological distress in Indonesia is increasing along with the older age groups. One of the diseases that can be caused by this mental emotional disorder is hypertension. This study aims to see whether there is an Associated between Mental Emotional Disorders and Hypertension Among Middle-aged and Elderly in Indonesia after controlled by covariate variables. Cross-sectional study design, using data from riskesdas 2013. The samples are Middle-aged (45-59 years) and elderly (60 years) who have complete variable data. The total samples are 149175 samples. Research covariate variables were age, sex, marital status, employment, education, smoking behavior. The association between each variables were assessed by bivariate and multivariate analysis. The results showed the percentage of residents with mental emotional disorders who experienced hypertension 44.2%. The biggest factors associated with hypertension were mental emotional disorders (OR = 1,604; CI = 1,539-1,672), Elderly Age Group (OR = 2,684; CI = 2,624-2,745), Divorce (OR = 2,153; CI = 2,093-2,215), not working (OR = 2.472; CI = 2.365-2,583) and low education level (OR = 1,626; CI = 1,543-1,715). Middle-aged and elderly with mental emotional disorders have a chance 1,297 times higher for hypertension than middle-aged and elderly people who do not experience mental emotional disorders after being controlled by covariate variables. Further research is needed by including more covariate variables.