

HUBUNGAN GAYA HIDUP SELAMA PANDEMI COVID-19 DENGAN HIPERTENSI PADA LANSIA DI POS SEHAT BUMI PANCAR HARAPAN KECAMATAN PANCORAN MAS KOTA DEPOK

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Abstrak

Pandemi COVID-19 merupakan penyebaran virus pneumonia baru yang berasal dari Wuhan, China pada Desember 2019. WHO telah menetapkan pandemi COVID-19 sebagai pandemi global serta memberlakukan peraturan karantina maupun pembatasan aktivitas di luar ruangan. Hal ini menimbulkan dampak perubahan yaitu kurangnya aktivitas fisik, pola makan buruk dan gangguan pola istirahat pada penderita hipertensi. Penelitian ini bertujuan untuk mengetahui hubungan gaya hidup selama pandemi COVID-19 dengan hipertensi pada lansia di Pos Sehat Bumi Pancar Harapan Kecamatan Pancoran Mas Kota Depok. Penelitian ini menggunakan desain *cross-sectional*. Teknik pengambilan sampel menggunakan *total sampling* 60 responden. Analisis data yang digunakan yaitu dengan uji *chi-square* dan uji spearman. Hasil uji statistik $p\text{ value} = 0,001 (< 0,05)$ maka dapat dikatakan bahwa ada hubungan antara gaya hidup selama pandemi COVID-19 dengan hipertensi pada lansia di Pos Sehat Bumi Pancar Harapan Kecamatan Pancoran Mas Kota Depok. Pentingnya edukasi dan pemahaman bagi lansia penderita hipertensi untuk tetap menjaga atau merubah kebiasaan gaya hidup yang buruk menjadi baik terutama di masa pandemi COVID-19 agar tekanan darah tetap terkontrol dan memiliki kualitas hidup yang lebih baik.

Kata Kunci: Gaya hidup, COVID-19, Hipertensi, Lansia

RELATIONSHIP OF LIFESTYLE DURING THE COVID-19 PANDEMIC WITH HYPERTENSION IN THE ELDERLY AT BUMI PANCAR HARAPAN HEALTH POST, PANCORAN MAS DISTRICT, DEPOK CITY

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Abstract

The COVID-19 pandemic is the spread of a new pneumonia virus that originated in Wuhan, China in December 2019. WHO has declared the COVID-19 pandemic a global pandemic and has imposed quarantine regulations and restrictions on outdoor activities. This has the impact of changes, namely lack of physical activity, poor diet and disturbed rest patterns in patients with hypertension. This study aims to determine the relationship between lifestyle during the COVID-19 pandemic and hypertension in the elderly at the Bumi Pancar Harapan Health Post, Pancoran Mas District, Depok City. This study used a cross-sectional design. The sampling technique used a total sampling of 60 respondents. Analysis of the data used is the chi-square test and spearman test. The results of the statistical test p value = 0.001 (< 0.05), it can be said that there is a relationship between lifestyle during the COVID-19 pandemic and hypertension in the elderly at the Bumi Pancar Harapan Health Post, Pancoran Mas District, Depok City. The importance of education and understanding for the elderly with hypertension to maintain or change bad lifestyle habits to be good, especially during the COVID-19 pandemic so that blood pressure is controlled and has a better quality of life.

Keywords: Life style, COVID-19, Hypertension, Elderly