

# HUBUNGAN KECEMASAN DAN DUKUNGAN KELUARGA DENGAN *ACTIVITIES OF DAILY LIVING* PADA LANSIA HIPERTENSI DI KELURAHAN CINERE TAHUN 2023

Reihana Zakiya

## Abstrak

Terjadinya peningkatan jumlah lansia pada saat ini menimbulkan berbagai masalah kesehatan yang dialami akibat proses penuaan. Umumnya perubahan fisik akan berdampak pada penurunan aktivitas sehari-hari dan perubahan psikologis menimbulkan kecemasan yang akan mempengaruhi tingkat kemandirian lansia. Untuk memenuhi kebutuhan dalam melakukan aktifitas sehari-hari, lansia membutuhkan peran keluarga sebagai bentuk dukungan. Penelitian ini bertujuan untuk menganalisis hubungan kecemasan dan dukungan keluarga dengan *activities of daily living* pada lansia hipertensi di Kelurahan Cinere Tahun 2023. Jenis penelitian ini termasuk kuantitatif dengan metode yang digunakan adalah pendekatan observasional *cross-sectional* dengan analisa data *Spearman's rho*. Pengambilan sampel dilakukan bulan Mei-Juni dengan teknik *quota* sampling sejumlah 164 responden. Data diambil dengan menggunakan kuesioner GAS, PSS-Fa dan Barthel Indeks. Ketiga kuesioner telah diuji validitas serta reliabilitasnya dan terbukti valid dan reliabel. Berdasarkan hasil analisis data yang telah dilakukan, didapatkan hasil signifikan  $P Value = 0,000 (<0,05)$ , sehingga terdapat hubungan antara variabel kecemasan dengan *activities of daily living* serta terdapat juga hubungan antara dukungan keluarga dengan *activities of daily living* dengan  $P Value = 0,000$ . Dapat disimpulkan keterlibatan kecemasan dan dukungan keluarga menjadi faktor esensial dalam memenuhi *activities of daily living* lansia hipertensi untuk dapat mengontrol masalah serta mencegah komplikasi lebih lanjut.

**Kata Kunci :** *Activities Of Daily Living*, Dukungan Keluarga, Hipertensi, Kecemasan, Lansia

**THE RELATIONSHIP OF ANXIETY AND FAMILY SUPPORT  
WITH ACTIVITIES OF DAILY LIVING IN HYPERTENSIVE  
ELDERLY IN CINERE VILLAGE, 2023**

**Reihana Zakiya**

**Abstract**

*The increase in the number of elderly at this time causes various health problems experienced due to the aging process. Generally, physical changes will have an impact on decreasing daily activities and psychological changes will cause anxiety which will affect the level of independence of the elderly. To meet the needs of carrying out daily activities, the elderly need the role of the family as a form of support. This study aims to analyze the relationship between anxiety and family support with activities of daily living for hypertensive elderly people in the Cinere Village in 2023. This type of research is quantitative with the method used is a cross-sectional observational approach with Spearman's rho data analysis. Sampling was carried out in May-June with a quota sampling technique of 164 respondents. Data were collected using the GAS, PSS-Fa and Barthel Index questionnaires. The three questionnaires have been tested for validity and reliability and have been proven to be valid and reliable. Based on the results of the data analysis that has been carried out, significant results are obtained P Value = 0.000 (<0.05), so that there is a relationship between the anxiety variable and activities of daily living and there is also a relationship between family support and activities of daily living with P Value = 0.000 . It can be concluded that anxiety involvement and family support are essential factors in fulfilling activities of daily living for elderly hypertensives to be able to control problems and prevent further complications.*

**Keyword :** *Activities Of Daily Living, Family Support, Hypertension, Anxiety, Elderly.*