

HUBUNGAN KEBUTUHAN SPIRITUALITAS DAN KESEJAHTERAAN PSIKOLOGIS DENGAN TINGKAT HIPERTENSI PADA LANSIA DI PUSKESMAS TANAH BARU

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Abstrak

Hipertensi merupakan penyakit kronis dengan tekanan sistolik mencapai >140 mmHg dan diastolik mencapai >90 mmHg yang menjadi permasalahan di dunia karena penyakit ini sering kali tidak menimbulkan gejala. Kebutuhan spiritualitas dan kesejahteraan psikologis sangat penting untuk menunjang perilaku kesehatan lebih tenang dan mengendalikan tekanan darah serta kesehatan mental lansia dengan hipertensi. Penelitian ini bertujuan untuk mengetahui hubungan antara kebutuhan spiritualitas dan kesejahteraan dengan tingkat hipertensi pada lansia di Puskesmas Tanah baru. Metode yang digunakan dalam penelitian ini yaitu analitik observasional dengan pendekatan cross sectional. Teknik sampling menggunakan purposive sampling dengan jumlah sampel sebanyak 123 orang. Pengumpulan data dilakukan menggunakan kuesioner DSES (*Daily Spiritual Experience Scale*), dan kuesioner RPWB (*Ryff Psychological Well Being*). Berdasarkan hasil analisis melalui uji chi-square, ditemukan bahwa terdapat hubungan antara variabel kebutuhan spiritualitas dengan tingkat hipertensi ($P\text{-value} = 0.048$) juga antara kesejahteraan psikologis dengan tingkat hipertensi ($P\text{-value} = 0.039$) pada lansia hipertensi di wilayah Puskesmas Tanah Baru. Kebutuhan spiritualitas dan kesejahteraan psikologis berperan penting dalam mengurangi beban pemikiran dan mendekati diri pada tuhan untuk terus menjaga tekanan darah dan mencegah permasalahan kesehatan lebih lanjut. Metode intervensi dapat mengembangkan dan memfasilitasi pembentukan program asuhan keperawatan dalam bentuk penyuluhan serta konseling. Peneliti selanjutnya diharapkan dapat meningkatkan ranah penelitian dengan memperluas variabel lain seperti dukungan keluarga, dukungan sosial, atau aset material.

Kata Kunci: Hipertensi, Kesejahteraan Psikologis, Lansia, Spiritualitas

THE RELATIONSHIP OF SPIRITUALITY NEEDS AND PSYCHOLOGICAL WELL-BEING WITH THE LEVEL OF HYPERTENSION IN THE ELDERLY AT TANAH BARU HEALTH CENTER

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Abstract

Hypertension is a chronic disease with systolic pressure reaching >140 mmHg and diastolic pressure reaching >90 mmHg which is a problem in the world because this disease often does not cause symptoms. The need for spirituality and psychological well-being is very important to support calmer health behavior and control blood pressure as well as the mental health of elderly people with hypertension. This study aims to determine the relationship between the need for spirituality and well-being and the level of hypertension in the elderly at the Tanah Baru Community Health Center. The method used in this research is observational analytics with a cross sectional approach. The sampling technique used purposive sampling with a total sample of 123 people. Data collection was carried out using the DSES (Daily Spiritual Experience Scale) questionnaire and the RPWB (Ryff Psychological Well Being) questionnaire. Based on the results of analysis using the chi-square test, it was found that there was a relationship between the spiritual need variable and the level of hypertension (P-value = 0.048) as well as between psychological well-being and the level of hypertension (P-value = 0.039) in hypertensive elderly people in the Tanah Baru Community Health Center area. The need for spirituality and psychological well-being plays an important role in reducing the burden of thinking and getting closer to God to continue to maintain blood pressure and prevent further health problems. Intervention methods can develop and facilitate the formation of nursing care programs in the form of education and counseling. Future researchers are expected to be able to improve the research domain by expanding other variables such as family support, social support, or material assets.

Keywords: Elderly, Hypertension, Psychological Well-Being, Spirituality