

## ABSTRAK

# KUALITAS HIDUP PASIEN HIPERTENSI DI PUSKESMAS MULYOREJO KOTA SURABAYA

Putri Alvia Damayanti

[Alviaputri0221@gmail.com](mailto:Alviaputri0221@gmail.com)

Dosen Pembimbing : Moh. Najib<sup>1</sup>. Dwi Adji Norontoko<sup>2</sup>

**Latar Belakang :** Hipertensi berdampak terhadap aspek fisik, psikologis, sosial dan lingkungan yang pada akhirnya berdampak pada kualitas hidup seseorang penderita hipertensi. Hal ini disebabkan karena hipertensi dapat memberikan pengaruh buruk terhadap fungsi sosial, kesehatan mental, fungsi psikologis dan vitalitas. Hipertensi dan kualitas hidup memiliki hubungan timbal balik, hipertensi dapat mempengaruhi kualitas hidup begitupun sebaliknya kualitas hidup dapat mempengaruhi hipertensi.

**Metode :** Penelitian ini penelitian kuantitatif deskriptif analitik. Pendekatan *cross sectional*, populasi adalah pasien hipertensi di Puskesmas Mulyorejo. Sampel sebanyak 112 pasien hipertensi berdasarkan Teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner kualitas hidup WHOQOL-BREF. Sedangkan Analisa data menggunakan uji univariat secara deskriptif dalam bentuk distribusi frekuensi.

**Hasil :** Hasil penelitian pada domain kesehatan fisik terdapat 70 responden yang kualitas hidupnya sedang (62,5%), kualitas hidup Baik sebanyak 39 responden (34,82%) kualitas hidup buruk 3 responden (2,7%). Pada domain psikologis terdapat 83 responden yang kualitas hidup sedang (74,11%), kualitas hidup baik sebanyak 26 responden (23,21%), dan untuk buruk 3 responden (2,7%), Pada domain hubungan sosial termasuk kategori sedang sebanyak 92 responden (82,14%) kategori baik sebanyak 15 responden dan buruk 5 responden, Sedangkan pada domain lingkungan terdapat 103 responden yang masuk kategori sedang (92%) dan 9 responden (8%) masuk kategori buruk.

**Kesimpulan :** Pasien hipertensi di Puskesmas Mulyorejo Kota Surabaya mayoritas memiliki kualitas hidup sedang yaitu sebanyak 107 orang (95,5%), dan Kualitas Hidup Baik sebanyak 5 orang (4,5%)

**Kata Kunci :** Kualitas Hidup, Hipertensi

## ABSTRACT

### QUALITY OF LIFE IN HYPERTENSION PATIENTS AT PUSKESMAS MULYOUREJO CITY OF SURABAYA

Putri Alvia Damayanti

[Alviaputri0221@gmail.com](mailto:Alviaputri0221@gmail.com)

Dosen Pembimbing : Moh. Najib<sup>1</sup>. Dwi Adji Norontoko<sup>2</sup>

**Background :** Hypertension has an impact on physical, psychological, social and environmental aspects which in turn has an impact on the quality of life of a person with hypertension. This is because hypertension can have a negative impact on social functioning, mental health, psychological functioning and vitality. Hypertension and quality of life have a reciprocal relationship, hypertension can affect quality of life and vice versa quality of life can affect hypertension.

**Methods :** This research is a quantitative descriptive analytic research. With a cross sectional approach, the population is hypertension patients at the Mulyorejo Health Center. A sample of 112 hypertensive patients based on purposive sampling technique. Data collection using the WHOQOL-BREF quality of life questionnaire. Meanwhile, data analysis used a descriptive univariate test in the form of a frequency distribution.

**Result :** The results of the study in the physical health domain showed that 70 respondents had a moderate quality of life (62.5%), 39 respondents (34.82%) had a good quality of life, 3 respondents (2.7%) had a poor quality of life. In the psychological domain, there were 83 respondents with a moderate quality of life (74.11%), 26 respondents (23.21%) for a good quality of life, and 3 respondents (2.7%) for bad. In the social relations domain, including the moderate category, 92 respondents (82.14%) were in the good category, 15 respondents were bad, while in the environmental domain, there were 103 respondents who were in the moderate category (92%) and 9 respondents (8%) were in the bad category.

**Conclusion :** The majority of hypertensive patients at the Mulyorejo Health Center in Surabaya City have a moderate quality of life, namely 107 people (95.5%), and a good quality of life, as many as 5 people (4.5%)

**Keywords :** Quality of Life, Hypertension