DESCRIPTION OF THE INCIDENCE OF HYPERTENSION AMONG ELDERLY PEOPLE IN THE WORKING AREA OF NGARAS COMMUNITY HEALTH CENTER, PESISIR BARAT REGENCY, LAMPUNG

Mera Afriana[1], Ida Nur Imamah[2]

Meraafriana9@gmail.com

Department of Nursing, Faculty of Health Sciences

'Aisyiyah University, Surakarta

ABSTRACT

Background:*Hypertension is a condition characterised by elevated systolic blood pressure of ≥140 mmHg and diastolic blood pressure of ≥90mmHg, which frequently occurs in older adults as a result of the ageing process and a reduction in the elasticity of blood vessels. Uncontrolled hypertension can increase the risk of heart disease, stroke and kidney failure.* ***Objective:****This study aimed to determine the prevalence of hypertension among older adults in the catchment area of the Ngaras Community Health Centre, Pesisir Barat Regency.* ***Methods:*** *This study employed a quantitative approach with a descriptive design.The sample comprised 54 older adults selected using accidental sampling. Data were collected using a questionnaire on respondent characteristics and blood pressure measurements, and were subsequently analysed univariately using frequency distributions and percentages.* ***Results:****The results showed that the majority of respondents were aged 60–74 years (57.4%), were female (57.4%), and had no formal education (44.4%).Based on the classification of hypertension, 26 respondents (48.1 per cent) had stage 1 hypertension and 28 respondents (5.1 per cent) had stage 2 hypertension.* ***Conclusion:****The study indicates that the majority of older adults in the catchment area of the Ngaras Community Health Centre have stage 2 hypertension.*

Keywords: Hypertension, Older adults, Blood pressure