

## INTISARI

**Latar Belakang:** Sebanyak 30% lansia yang berada di komunitas mengalami kejadian jatuh dan memerlukan perawatan di Rumah Sakit. Hipertensi sebagai salah satu penyakit yang meningkatkan risiko terjadinya jatuh pada lansia, tingginya tekanan darah erat dikaitkan dengan risiko jatuh yang tinggi pada lansia.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan hipertensi dengan risiko jatuh pada lansia di Balai Pelayanan Sosial Tresna Wredha Abiyoso dan Budi Luhur Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian kuantitatif desain penelitian *cross-sectional*. Dilakukan di BPSTW Abiyoso dan Budi Luhur dengan total sampling sebanyak 103 sampel pada Desember 2022. Pengambilan data menggunakan alat pengukuran tekanan darah dan uji *Five Times Sit-to-Stand* (FTSST). Uji Kendall's Tau digunakan untuk menentukan hubungan antara hipertensi dengan risiko jatuh.

**Hasil:** Hasil penelitian menunjukkan tingkat hipertensi pada lansia di BPSTW Abiyoso dan Budi Luhur Yogyakarta didominasi dengan hipertensi tingkat I (140/90 - 159/99 mmHg) sebesar 27,2%. Mayoritas lansia memiliki risiko jatuh tinggi. Hasil analisis statistik menunjukkan adanya pengaruh karakteristik usia, jenis kelamin, latar belakang pendidikan, status perkawinan, penyakit dengan risiko jatuh, didapatkan nilai signifikansi (*p-value*) = 0,01 dan koefisien korelasi 0,359 yang menunjukkan terdapat korelasi antara hipertensi dengan risiko jatuh dan kekuatan hubungan cukup atau cukup kuat, serta hubungan searah.

**Kesimpulan:** Hipertensi berhubungan dengan risiko jatuh, kekuatan hubungan cukup atau cukup kuat dan hubungan kedua variabel bersifat positif atau searah.

**Kata Kunci:** BPSTW, Hipertensi, Hubungan, Lansia, Risiko Jatuh

## ABSTRACT

**Background:** As many as 30% of the elderly in the community experience falls and require treatment at the hospital. Hypertension, as a disease that increases the risk of falling in the elderly, is closely associated with a high risk of falling in the elderly.

**Objective:** : This study aims to determine the relationship between hypertension and the risk of falling in the elderly at Tresna Wredha Abiyoso Social Service Center and Budi Luhur Yogyakarta.

**Methods:** The study uses a quantitative approach and a cross-sectional research design. It was conducted in December 2022 at the BPSTW Abiyoso and Budi Luhur, with a total of 103 samples collected. Data was collected using a blood pressure measurement tool and the Five Times Sit-to-Stand (FTSST) test. Data analysis using univariate and bivariate analysis The Kendall's Tau test was used to determine the relationship between hypertension and the risk of falling.

**Results:** The results showed that the level of hypertension in the elderly at BPSTW Abiyoso and Budi Luhur Yogyakarta was dominated by grade I hypertension (140/90–159/99 mmHg) at 27.2%. The majority of the elderly have a high risk of falling. The results of the statistical analysis showed that there was an influence on the characteristics of age, gender, educational background, marital status, disease, and risk of falling. We obtained a significance value ( $p$ -value) = 0,01 and a correlation coefficient of 0,359 which indicated that there was a correlation between hypertension and risk of falling and that the strength of the relationship was strong enough, as well as a unidirectional relationship

**Conclusion:** Hypertension is related to the risk of falling, the strength of the relationship is sufficient or strong enough, and the relationship between the two variables is positive or unidirectional.

**Keywords:** BPSTW, Elderly, Fall Risk, Hypertension, Relationship