

INTISARI

Latar Belakang: Lansia penderita hipertensi cenderung memiliki kualitas hidup yang lebih rendah dibandingkan dengan lansia yang tidak mengalami hipertensi. Penurunan kualitas hidup pada lansia hipertensi dapat disebabkan oleh kurangnya literasi kesehatan. Berbagai studi telah dilakukan tetapi masih sedikit yang membahas mengenai hubungan literasi kesehatan dengan kualitas hidup pada lansia penderita hipertensi di Indonesia.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara literasi kesehatan dan kualitas hidup pada lansia hipertensi di Kemantren Mantrijeron, Yogyakarta.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan metode *cross sectional*. Responden penelitian ini merupakan 196 orang lansia hipertensi yang berusia 70-79 tahun. Teknik pengambilan sampel menggunakan *proportionate stratified random sampling*. Instrument yang digunakan adalah HLS-EU-Q16 (*Health Literacy Survey-Europe-16 Questions*) dan WHOQOL-BREF (*World Health Organization Quality of Life-BREF*). Analisis *spearman rho* digunakan untuk mengetahui hubungan antara literasi kesehatan dan kualitas hidup.

Hasil: Mayoritas responden berjenis kelamin laki-laki (71,4%), berpendidikan dasar (SD, SMP) (40,8%), bekerja (55,6%), dan tidak memiliki riwayat penyakit kronis selain hipertensi (76,5%). Mayoritas lansia hipertensi memiliki literasi kesehatan memadai (74%) dan kualitas hidup tinggi (68,4%). Terdapat hubungan yang signifikan dengan kekuatan hubungan tinggi antara literasi kesehatan dengan kualitas hidup pada lansia hipertensi ($p\text{-value}=0,00$ dan $r=0,76$).

Kesimpulan: terdapat hubungan yang signifikan dengan kekuatan hubungan tinggi antara literasi kesehatan dan kualitas hidup pada lansia penderita hipertensi di Kemantren Mantrijeron, Yogyakarta

Kata Kunci: hipertensi, kualitas hidup, lansia, literasi kesehatan

ABSTRACT

Background: Elderly people with hypertension tend to have a lower quality of life compared to elderly people without hypertension. Decreased quality of life in elderly people with hypertension can be caused by lack of health literacy. Various studies have been conducted, but there are still few that discuss the relationship between health literacy and quality of life in elderly people with hypertension in Indonesia.

Objective: This study aims to determine the relationship between health literacy and quality of life in elderly people with hypertension in the Kemantren Mantrijeron, Yogyakarta.

Method: This study is a quantitative study using a cross-sectional method. The respondents of this study were 196 elderly hypertensive patients aged 70-79 years. The sampling technique used was proportional stratified random sampling. The instruments used were HLS-EU-Q16 (Health Literacy Survey-Europe-16 Questions) and WHOQOL-BREF (World Health Organization Quality of Life-BREF). Spearman rho analysis was used to determine the relationship between health literacy and quality of life.

Result: the majority of respondents were male (71.4%), had basic education (primary school, junior high school) (40.8%), were employed (55.6%), and had no history of chronic diseases other than hypertension (76.5%). The majority of elderly hypertensive people have adequate health literacy (74%) and high quality of life (68.4%). There is a significant relationship with a high strength of relationship between health literacy and quality of life in elderly hypertensive people (p -value = 0.00 and $r = 0.76$).

Conclusion: There is a significant relationship with a high strength of relationship between health literacy and quality of life in elderly people with hypertension in Mantrijeron Sub-district, Yogyakarta.

Keyword: elderly, health literacy, hypertension, quality of life