

INTISARI

HUBUNGAN HIPERTENSI TERHADAP KEJADIAN *MILD COGNITIVE IMPAIRMENT* PADA POPULASI LANSIA DI KABUPATEN SLEMAN DAERAH ISTIMEWA YOGYAKARTA

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LATAR BELAKANG : *Mild Cognitive Impairment* merupakan gangguan fungsi kognitif ringan yang bisa berprogresi ke arah demensia. Apabila sudah menderita gangguan kognitif berat berupa demensia, maka kualitas hidup akan sangat menurun karena tidak bisa menjalani hidup secara mandiri. Dengan pengetahuan mengenai MCI dan faktor risikonya, diharapkan bisa dilakukan intervensi dini mencegah munculnya demensia. Pola yang sama antara MCI dan hipertensi, dimana keduanya meningkat prevalensinya seiring bertambahnya usia, terutama pada lansia, memunculkan hipotesis adanya keterkaitan antara hipertensi dan MCI. Dibutuhkan penelitian untuk mengetahui hubungan hipertensi terhadap kejadian MCI sehingga diharapkan bisa menjadi dasar untuk intervensi dini gangguan fungsi kognitif.

TUJUAN : mengetahui hubungan antara hipertensi terhadap kejadian *Mild Cognitive Impairment* pada populasi lansia di Kabupaten Sleman Daerah Istimewa Yogyakarta.

METODE : penelitian ini bersifat deskriptif analitik dengan metode *survey cross-sectional*, sampel dipilih secara *simple random sampling* pada lansia ≥ 60 tahun pada Kecamatan Depok (kota) serta Kecamatan Turi dan Cangkringan (desa). Instrumen penelitian menggunakan MoCA-INA, uji statistik yang digunakan untuk analisis bivariat adalah uji kai kuadrat.

HASIL : tidak terdapat hubungan signifikan antara hipertensi terhadap kejadian MCI pada populasi kota, desa, maupun gabungan populasi kota dan desa dengan *p value* berturut-turut 0,48; 0,472; 0,952.

KESIMPULAN : tidak terdapat hubungan antara hipertensi terhadap kejadian MCI

KATA KUNCI : *Mild Cognitive Impairment* (MCI), hipertensi

ABSTRACT

THE RELATIONSHIP BETWEEN HYPERTENSION AND MILD
COGNITIVE IMPAIRMENT IN ELDERLY POPULATIONS OF SLEMAN
DISTRICT SPECIAL REGION OF YOGYAKARTA

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BACKGROUND : Mild Cognitive Impairment is mild cognitive dysfunction which can progress to dementia. If someone has dementia, the quality of his/her life will decrease to a very low level because he/she cannot live independently. It is very important to do an early intervention so the cognitive dysfunction do not progress to dementia. One action that can prevent the progression of cognitive dysfunction is knowing the relation between Mild Cognitive Impairment and it's risk factors, so an early intervention can be done. The same pattern between hypertension and mild cognitive impairment, which is hypertension and mild cognitive impairment increase in elderly populations, make a hypothesis that there is a correlation between hypertension and mild cognitive impairment. Further research is needed to determine the correlation between hypertension and mild cognitive impairment so an early intervention to cognitive dysfunction can be done.

OBJECTIVES : to determine the correlation between hypertension and mild cognitive impairment in elderly populations of Sleman District Special Region of Yogyakarta.

METHODS : this study was a descriptive analytic, cross-sectional survey research. The sample was chosen by simple random sampling in elderly population above 60 years old at Depok sub-district (urban group) and Cangkringan and Turi sub-district (rural group). Elderly populations screened with MoCA-INA instrument. Bivariate analysis with chi-square was performed in this study.

RESULTS : there is no correlation between hypertension and mild cognitive impairment in urban, rural, or combination of two populations with *p value* respectively 0,48; 0,472; and 0,952.

CONCLUSIONS : there is no correlation between hypertension and mild cognitive impairment

KEYWORDS : *Mild Cognitive Impairment (MCI)*, hypertension