



Research Paper

## Incidence of Hypertension in Elderly at Puskesmas Wotu.

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**ABSTRACT:** Pressure above normal or chronic (for a long time), this occurs when the blood flow in the blood vessels raises too much pressure against the walls of blood vessels. Hypertension cases (90%) Unknown cause, but there are several factors that allegedly can increase the risk of a person to experience hypertension, among others: age, heredity, gender, smoking habit, alcohol consumption, obesity (overweight), stress, disease Kidney, consumption of foods that contain a lot of salt, and a less-active lifestyle.

**Methodology:** This research aims to see the characteristics of patients with hypertension in the elderly. The research design used is cross-sectional. This research was conducted in the work area of the center Wotu. The population in this study is the entire elderly who come to elderly Posyandu in the work area of the plus packing Wotu. The sampling technique used in this study is totaling sampling. The number of samples in this study was as much as 150 people. Methods of collecting data using observation sheets. Data analysis techniques in this research using univariate analysis and bivariate.

**Results:** The results of this study, mentioned that the old age at risk with the incidence of hypertension has a value of OR 5.12 P = 0.002; 95% CI 2.21-11,85.

**KEYWORDS:** hypertension, elderly

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### I. INTRODUCTION

Hypertension is a condition when the blood pressure in the blood vessels increases chronically. It can be scheduled because the work of the heart works harder to pump blood to meet the body's oxygen and nutrients needs. If left untreated, the disease may interfere with the functioning of other organ organs, especially vital organ organs such as the heart and kidneys.<sup>1</sup>

The Institute for Health Metrics and Evaluation (IHME) in 2017 represents the risk factors for premature death and disability in the world based on the Disability Adjusted Life Years (DALYs) figures for all age groups. According to the daily, the three highest risk factors in males are smoking, increased systolic blood pressure, and increased sugar levels. While the risk factors in women are increased systolic blood pressure, increased blood sugar levels and high BMI.<sup>2</sup>

The World Health Organization (WHO) in 2015 shows about 1.13 billion people in the world bearing hypertension, meaning that 1 in 3 people in the world is diagnosed with hypertension. The number of hypertension continues to increase annually, estimated in 2025 there will be 1.5 billion people affected by hypertension, and estimated every year 9.4 million people die from hypertension and its complications.<sup>2</sup>

Based on Riskesdas 2018 the prevalence of hypertension based on the measurement results on 18-year-old population of 34.1%, the highest in South Kalimantan (44.1%), while the lowest in Papua amounted to (22.2%).Hypertension occurs in groups of age 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 (55.2%).<sup>2</sup>

Based on Riskesdas Data 2007 the prevalence of hypertension in people in Indonesia is 31.7%. The prevalence of hypertension in South Sulawesi is 27.0%. But there are still many cases of hypertension in societies that have not been diagnosed. According to the characteristics of respondents, the prevalence of Appears to be increasing hypertension by the increased lifespan of respondents.According to the type of gender prevalence higher hypertension disease in women.<sup>3</sup>

While the results of the Riskesdas year 2013 in South Sulawesi there are patients with hypertension as many as 74,282 cases, namely 66,381 cases in Puskesmas and 7,901 in the hospital.<sup>4</sup>

Hypertensions cases (90%) Unknown cause, but there are several factors that allegedly can increase the risk of a person to experience hypertension, among others: age, heredity, gender, smoking habit, alcohol consumption, obesity (overweight), stress, disease Kidney, consumption of foods that contain a lot of salt, and a less-active lifestyle.<sup>4</sup>

Patients with uncontrolled hypertension need to improve adherence to pharmacological and non-pharmacological therapies to achieve normal blood pressure. Unhealthy lifestyles, high sodium consumption, and non-compliance with antihypertensive medications make blood pressure more likely to increase. So that people with no control hypertension need to know what factors are the risk of uncontrolled hypertension to decrease mortality rate, morbidity and will reduce the risk of complications.

Hypertension management can be done using drugs or by way of lifestyle modification. Lifestyle modification can be done by limiting salt intake not exceeding 1/4-1/2 teaspoons per day, lose weight, exercise, avoid alcoholic beverages, caffeinated drinks, and cigarettes, as well as a considerable rest 6-8 hours and also able to Controlling stress.<sup>4</sup> Treatment or management of hypertension takes a long time of life and must be continuous if the modification of the style/lifestyle does not lower the desired level of blood pressure, they should be given the drug.<sup>5</sup>

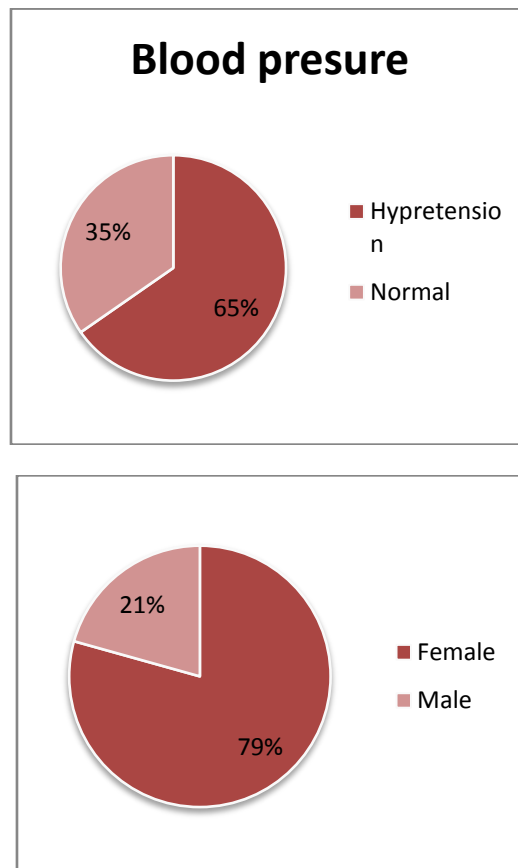
Based on the background above, researchers are interested to research the relationship characteristic with the incidence of hypertension in the elderly.

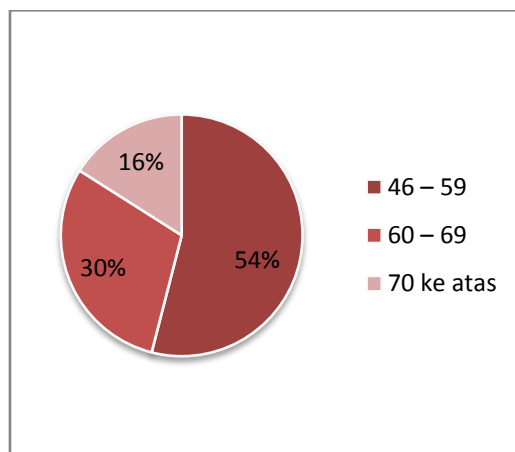
## II. MATERIAL AND METHODS

His research aims to see the relationship characteristic in elderly with hypertensive events. The research design used is cross-sectional. This research was conducted in the work area of the center Wotu. The population in this study is the entire elderly who come to elderly Posyandu in the work area of the plus packing Wotu. The sampling technique used in this study is totaling sampling. The number of samples in this study was as much as 150 people. Methods of collecting data using physical examination observation sheets (TD, elderly demographics).Data analysis techniques in this research using univariate analysis and Bivariate.

## III. RESULT

In this study, the data collection uses a blood pressure observation sheet for respondents. Based on the data obtained during the study, the number of respondents was 150 elderly patients with hypertension.





The respondent's distribution is a chi-square test

No	Karakteristik	Hipertensi		Tidak Hipertensi		P	OR
		f	%	f	%		
1	Age					0,002	5,12
	46 – 59 old	43	43,9	38	73,1		
	60 – 69 old	38	38,8	7	13,5		
	≥ 70 old	17	17,3	7	13,5		
2	Gender					0,245	0,54
	Female	75	76,5	44	84,6		
	Male	23	23,5	8	15,4		
Total		98	100	52	100		

Results of data analysis using Chi-square test obtained results that for the characteristics of respondents based on age indicates that the incidence of hypertension has a significant relationship with age is indicated by the value of P-value 0.002. As for the characteristics of the respondent by gender indicates that the incidence of hypertension does not have a significant relation to gender this is indicated by the value of P-value 0.245.

#### IV. DISSCUSIONS

##### a. Age relationship with the incidence of hypertension

The results of the study in table 2 showed that for characteristics of respondents based on age indicates that the incidence of hypertension has a significant relationship with age it is indicated by the value of P-value 0.002. These results are not contrary to the theory that the age factor affects the incidence of hypertension, where the older one is, the greater the risk of hypertension. This is due to the loss of arterial blood vessels elasticity. The results of this research, mention that the old age at risk with the incidence of hypertension has a value of OR 5.12 P = 0.002; 95% CI 2.21-11,85.

##### b. Gender

The results of the study in table 2 showed that for the characteristics of the respondent by gender, the incidence of hypertension does not have a significant relation with the sex of this point indicated by the value of P-value 0.245. These results indicate that everyone has a risk of hypertension to be exposed to no gender or male or female. If the pattern is unhealthy, it will be risky to be exposed to this disease.

#### V. CONCLUSION

The results of this study concluded that the old age is at risk with the incidence of hypertension has a value of OR 5.12 P = 0.002; 95% CI 2.21-11,8.

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