

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**HUBUNGAN ANTARA DUKUNGAN KELUARGA DENGAN TINGKAT STRES PADA LANSIA YANG MENGALAMI HIPERTENSI
DI PANTI WREDA PELAYANAN KRISTEN SEMARANG**

71 hal + 9 tabel + xiii

Latar Belakang: Stres merupakan hal yang melekat pada kehidupan. Setiap orang pasti pernah mengalami stres dalam bentuk tertentu, ringan, sedang atau berat, dan dalam jangka panjang atau pendek. Peningkatan usia harapan hidup berdampak terhadap peningkatan jumlah lansia. Peningkatan jumlah lansia ini membawa dampak terhadap berbagai aspek kehidupan, khususnya bagi lansia itu sendiri dan keluarganya. Berdasarkan hasil wawancara yang dilakukan pada saat studi pendahuluan, didapatkan hasil bahwa 3 dari 5 lansia menyatakan bahwa sering marah-marah, tidak sabar dan terjadi gejala seperti susah tidur, sering kaget, mudah lelah dan sebanyak 60% dari mereka mengatakan bahwa dukungan dari keluarganya sangat minim.

Metode: Penelitian ini merupakan penelitian *survey analitik (non-eksperimental)* dengan pendekatan *Cross sectional*. Pengumpulan data dilakukan dengan kuesioner. Jumlah responden sebanyak 52 dengan teknik *simple random sampling*. Data yang diperoleh diolah secara statistik dengan menggunakan rumus *chi-square*

Hasil: Berdasarkan hasil analisa diperoleh bahwa dari 52 responden penelitian,, sebagian besar memiliki karakteristik usia lanjut usia tua sebanyak 67,3%, dengan karakteristik jenis kelamin sebagian besar berjenis kelamin perempuan yaitu 88,5%, dan karakteristik tingkat pendidikan sebagian besar tingkat pendidikan Sekolah Dasar yaitu 55,8%. Hasil penelitian menunjukkan 67,3% responden tidak memiliki dukungan keluarga dan 30,8% responden memiliki dukungan keluarga. Sebanyak 30,8% dengan stres ringan, stres sedang 32,7% ,stres berat 23,1%, dan stres sangat berat 13,5%.

Simpulan: Ada hubungan antara dukungan keluarga dengan tingkat stres pada lansia yang mengalami hipertensi ($p\ value < 0,05$)

Kalimat kunci: dukungan keluarga, tingkat stres, lansia hipertensi

Daftar pustaka: 26 (1998-2011)

UNDERGRADUATE NURSING STUDY PROGRAM
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ABSTRACT

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RELATIONSHIP BETWEEN FAMILY SUPPORT OF STRESS IN ELDERLY WITH THE EXPERIENCE OF HYPERTENSION IN A NURSING HOME CHRISTIAN SERVICE SEMARANG

71 things + 9 table+ xiii

Background: Stress is inherent in life. Everyone has stress in some form, mild, moderate or severe, and in the long term or short. Increased life expectancy affects an increasing number of elderly. An increasing number of the elderly is an impact on various aspects of life, especially for the elderly themselves and their families. Based on the results of interviews conducted during the preliminary study, showed that 3 out of 5 elderly stated that often angry, impatient and symptoms such as insomnia, are often surprised, tiredness and as much as 60% of them said that the support of his family very minimal.

Methods: This study is a survey of analytic (non-experimental) with cross sectional approach. The data was collected by gave questionnaire. The number of respondents as many as 52 with simple random sampling technique. The data obtained were processed statistically using chi-square formula

Results: Based on the analysis results showed that out of 52 respondents , most of the research has the characteristics of the elderly as much as 67.3% of old age, with the characteristics of the sexes mostly female is 88.5%, and the characteristics of the educational level of most levels of education Elementary school is 55.8%. The results showed 67.3% of respondents did not have the support of families and 30.8% of respondents have family support. A total of 30.8% with mild stress, stress were 32.7%, 23.1% severe stress, and stress is very heavy 13.5%.

Conclusion: There is a relationship between family support with the level of stress in elderly hypertensive (p value <0.05)

Key sentence: family support, stress levels, the elderly hypertension

Bibliographies: 26 (1998-2011)