



The Corelation of Stress Level and Quality of Life of Elderly on Hypertension in Posyandu Elderly Village Sumberejo Gedangan Sub-District Malang District

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ABSTRACT

Elderly generally experience stress due to suffering degenerative disease that often occur that is hypertension. Stress appear on hypertensive patients caused by a sudden change in activities that are usually elderly do, the existence of regular treatment and behavior changes both physically and emotionally. The Research is to analys The Corelation of Stress Level and Quality of Life of Elderly on Hypertension in Posyandu Elderly Village Sumberejo Gedangan Sub-District Malang District. This present study used descriptive correlation design with cross sectional approach. This study was conducted on march 10, 2018 in Posyandu Elderly Village Sumberejo Gedangan Sub-District Malang District. The sample in this research were 20 respondents taken using purposive sampling technique. The data collected by using questionnaire PSS and WHOQOL-BREF of respondents. The data were analysed by using Spearman Rank (Rho). In conclusion, this research showed that there is a Corelation of Stress Level and Quality of Life of Elderly on Hypertension in Posyandu Elderly Village Sumberejo Gedangan Sub-District Malang District with value of $p = 0.001$ where $p < \alpha (0.05)$. It is suggest elderly to recognize stress on her self so as to management the stress, always be grateful for what have been achieved and owned, perform physical activities such as gymnastics regularly because it proved to improve the quality of life both physically and mentally.

KEYWORDS

Stress, Quality of Life, Hypertension, Elderly

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INTRODUCTION

Elderly is the final period in a person's life span that moves away from the once pleasant period (Rizkiyanti, 2014). The most vulnerable situation experienced by the elderly and potentially a source of pressure in life is stress (Priyoto, 2016). The elderly generally experience stress due to the suffering of degenerative diseases that often occur, namely hypertension (Miller, 1995 in Sunaryo et al, 2016). The elderly have a relationship with stress while stress itself can affect the quality of life in the elderly (Mardiana & Zelfino, 2014). The quality of life of the elderly with hypertension mostly has a poor psychological they often feel anxious about the condition of the disease, which can affect the stress level of the elderly so that it can worsen the disease and cause the quality of life of the elderly to be disrupted and the life expectancy of the elderly decreases (Yusup, 2010 in Azizah & Hartini, 2016).

Based on WHO data (2011), 1 billion people in the world suffer from hypertension. According to Riskesdas (2013), 57.6% of the elderly are known to have hypertension. As many as 1 billion elderly people in the world or 1 in 4 elderly people suffer from hypertension, it is even estimated that the number of elderly people suffering from hypertension will increase by 1.6 billion by 2025 (Wahdah, 2011). The prevalence of hypertension in Indonesia is 26.5% (Ministry of Health, 2013). East Java Province shows 275,000 people with hypertension (East Java DHO, 2010). According to the Central Bureau of Statistics (2012) the prevalence of stress in the elderly in Indonesia reached 8.34%. In East Java, the incidence of stress in the elderly is 7.18% (Badan Pusat Statistik, 2012).

In the elderly, hypertension (high blood pressure) can be a contributing factor to stress. Stress can be described as damage that occurs to the body regardless of whether the stress is positive or negative (Hermawan, 2014). Stress that arises in hypertensive patients is caused by sudden changes in activities that the elderly usually do, routine medication and changes in behavior both physically and emotionally (Azizah & Hartini, 2016). Emotionally, elderly people with hypertension experience anxiety, sadness, worry because they are afraid of the impact of the disease, namely the occurrence of complications such as stroke, coronary heart disease and other diseases. These complications will have an impact on the patient's psychology, especially with a low quality of life (Nuraini, 2015). So that psychological conditions can also affect the health conditions of the elderly. Elderly health conditions can have an impact on fulfilling developmental tasks. The developmental tasks that the elderly have include self-actualization and finding satisfaction or meaning in life (Erikson, 1986 in Winahyu at al, 2017).

The quality of life of the elderly can be obtained from the well-being of the elderly both physically, psychologically, socially and environmentally (Azizah & Hartini, 2016). Quality of life does not only concern individual assessments of their position but also the social context and also the context of the surrounding environment which also affects quality of life (Dewi, 2013). The elderly can be declared to have a good level of quality of life if a condition that states the level of inner, physical, social satisfaction, as well as comfort and happiness in their lives (Yusup, 2010 in Kustanti, 2012).

The results of research conducted by Hilmi (2014), showed that more than 50.9% of elderly hypertension had moderate stress levels. Similar research was also conducted by Prasetyorini 2012, showing that more than 50% of respondents (62%) experienced complications of hypertension due to stress. Based on the results of research at the Wonopringgo Health Center, Pekalongan Regency by Azizah & Hartini (2016), with the results of the quality of life of elderly people with hypertension in the moderate category as many as 22 respondents (52.4%), with physical and psychological factors that most affect their quality of life.





From the results of a preliminary study conducted on October 4, 2017 at the posyandu for the elderly of Sumberejo Village, Gedangan District, Malang Regency, there were 70 elderly people. Activities carried out in the elderly posyandu such as elderly gymnastics, health checks, blood pressure measurements but the participation of the elderly is still minimal who often attend the posyandu only 37 people. Based on the results of data in the elderly posyandu there are 20 elderly people who experience hypertension. From the results of random interviews, 10 people are afraid of complications from hypertension, namely the occurrence of stroke, 6 people know how to prevent hypertension but their lives have not shown preventive behavior, 4 people are afraid that their hypertension will be followed by other diseases. The average elderly person who experiences hypertension on a daily basis feels complaints such as dizziness, feeling anxious, heart palpitations, headaches, fatigue, difficulty sleeping, a lot of thoughts, unable to concentrate and tense (Hermawan, 2014).

It is hoped that later elderly people with hypertension will be able to recognize stress in themselves so that they can manage the stress. Elderly people can do physical activities such as fitness exercises regularly because it is proven to improve the quality of life both physically and mentally. Physical quality of life improvements include strengthening bones and muscles, reducing cholesterol levels, and maintaining a diet. Improving mental quality of life obtained from physical activity can reduce stress, increase enthusiasm, and reduce a person's sense of anxiety and depression related to the disease he is experiencing (Setiawan et al, 2013).

Based on the above case, the researcher is interested in conducting research to find out about "The Relationship between Stress Level and Quality of Life of Hypertensive Elderly at the Elderly Posyandu Sumberejo Village, Gedangan District, Malang Regency".

MATERIALS AND METHODS

The research design used is the Correlation research method with a cross-sectional approach. This research was conducted on March 10, 2018 at the elderly posyandu of Sumberejo Village, Gedangan District, Malang Regency. The population of this study were elderly people with hypertension who were in the Posyandu of Sumberejo Village, Gedangan District, Malang Regency as many as 20 people who actively attended the posyandu. The sampling technique in this study was Nonprobability Sampling technique with purposive sampling type. The instrument used in this study was a questionnaire: Chek List. Statistical tests in this study using Spearman test if the data distribution is normal, and if the data distribution is not normal then use Lambda test with the help of SPSS 16.0 for Windows 7.

RESULTS

The gender distribution of the elderly is entirely female with a percentage of 100% because only women actively participate in posyandu. The characteristics of respondents based on age level were mostly aged 60-74 years, totaling 12 respondents (60%), and less than half were aged 45-59 years, totaling 8 respondents (40%). Characteristics of respondents based on the level of education of the respondents, half of them had elementary school education, totaling 10 respondents (50%) and a small proportion had junior high school education, totaling 1 respondent (5%). Characteristics of respondents based on employment less than half worked as laborers totaling 6 respondents (30%) and a small proportion of respondents as civil servants and did not work totaling 3 respondents (15%).

Characteristics of respondents based on the length of time suffering from hypertension obtained





data half of the respondents suffered from hypertension for > 5 years as many as 10 respondents (50%). characteristics of respondents based on counseling that has been obtained by respondents obtained data most respondents have never received hypertension counseling as many as 14 respondents (70%). Characteristics of respondents based on the respondent's treatment history obtained data almost all respondents take treatment when there are signs and symptoms as many as 15 respondents (75%).

Table 1. Frequency distribution of stress levels of hypertensive elderly at the Elderly Posyandu of Sumberejo Village, Gedangan District, Malang Regency.

No	Stress Level	Frequency (f)	Percentage (%)
1	Mild	2	10%
2	Medium	10	50%
3	Heavy	8	40%
	Total	20	100%

Based on table 1. obtained data half of the respondents with moderate stress levels as many as 10 respondents (50%) and a small proportion of respondents with mild stress as many as 2 respondents (10%).

Table 2. Frequency distribution of quality of life of hypertensive elderly at Posyandu Elderly Sumberejo Village, Gedangan District, Malang Regency.

No	Quality of Life	Frequency (f)	Percentage (%)
1	Bad	3	15%
2	Less Good	15	75%
3	Good	2	10%
	Total	20	100%

Based on table 2, it was found that almost all respondents had a poor quality of life as many as 15 respondents (75%) and a small proportion of respondents had a good quality of life as many as 2 respondents (10%).

Table 3. The results of the Spearman Rank (Rho) test of the relationship between stress levels and the quality of life of elderly hypertension at the Elderly Posyandu Sumberejo Village, Gedangan District, Malang Regency.

Stress Level		Quality of Life
	r	- 0,693
	p	0,001
	n	20

From the statistical test results in table 3 using the Spearman Rank (Rho) test, the p-value is $0.001 < \alpha (0.05)$, so H_0 is rejected and H_1 is accepted so that there is a relationship between stress levels and the quality of life of the elderly with hypertension. Spearman's correlation value of -0.693 indicates a correlation with high strength.





DISCUSSION

Relationship between Stress Level and Quality of Life of Elderly Hypertension

Based on the results of the statistical test in table 2 using the Spearman Rank (Rho) test, a significant level (p-value) of 0.001 was obtained so that H_0 was rejected, indicating that there was a relationship between stress levels and the quality of life of elderly hypertension. Shows the Spearman correlation value of - 0.693 indicating that the correlation has a strong level of relationship because the value is located > 0.60 (Sugiyono, 2007). Most of the elderly are stressed because of the condition of the disease, they feel burdened with blood pressure that tends to increase which makes the elderly often feel headaches, difficulty sleeping, anxiety, heart palpitations, fatigue easily if doing activities, and tension which causes the elderly to find it difficult to control the circumstances they experience so that the elderly cannot maintain their quality of life towards a positive direction. This means that the higher the level of stress, the lower the quality of life of the elderly, and vice versa.

The results of this study support the theory put forward by Lindstrom (2009) in Octaviayanti (2013), which states that stress is one of the factors that affect quality of life. If in his life a person experiences a stressful situation or a change in conditions (getting worse), but if a person has the ability and opportunity to control the circumstances he is experiencing, that person can maintain his quality of life in a more positive direction. The results of this study are also in line with the results of research by Zainuddin (2015) in Azizah, et al (2016) which showed that there is a relationship between stress and the quality of life of patients with type 2 diabetes mellitus at Arifin Achmad Pekanbaru Hospital. Type 2 diabetes mellitus is both a chronic disease that will be suffered for life. Diabetes and high blood pressure tend to occur together because they have certain physiological characteristics, namely the effects caused by each disease tend to make other diseases more likely to occur (Lika, 2016).

Stress can have physical, emotional, intellectual, social and spiritual consequences. It is usually caused by stress that affects the whole individual. Physically, stress can threaten the physiological homeostasis of the individual. Emotionally, stress can result in negative or constructive feelings towards the self. Intellectually, stress can affect perception and problem-solving skills. Socially, stress can alter one's relationships with others. Spiritually, stress can affect individual values and beliefs (Loly, 2010). In general, it can be concluded that stressful conditions will have an impact on both intrapersonal and interpersonal. Stress can change a person's view and perception of the meaning of life, life goals, life satisfaction and impact on quality of life.

Elderly with hypertension should always be grateful for what has been achieved and owned, with gratitude can cause a person to have patience, not prejudice against God. Self-acceptance and gratitude can make a person feel happy, optimistic and more intensely feel life satisfaction. Always thinking positively if faced with a trial, thus one can hope that stress or psychological tension in life can be reduced, so as to improve their quality of life.

CONCLUSIONS

From the results of this study it can be concluded that the higher the level of stress, the more the quality of life of the elderly decreases. Changes in life in elderly hypertension can affect stress. Family support provided to the elderly can affect the quality of life of the elderly.

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Conflict of Interest

The authors declare that they have no known financial or interpersonal conflicts that might have looked to have influenced the research presented in this study.

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