

**HUBUNGAN IMT DAN HIPERTENSI DENGAN FUNGSI KOGNITIF PADA LANSIA
DI KELURAHAN SEI LANGKAI WILAYAH
KERJA PUSKESMAS SEI LANGKAI KOTA BATAM**

Lidya Indah Fhunna (2024)

Sarjana Keperawatan dan Pendidikan Profesi Ners
Institut Kesehatn Mitra Bunda Batam

Pembimbing

Ns. Savitri Gemini, M.Kep
Mona Rahayu Putri, SST., Bdn., MKM

Kata Kunci : IMT, Hipertensi, Fungsi Kognitif dan Lansia

ABSTRAK

Masalah masalah pada lansia di dunia menurut National Councn On Aging (NCOA, 2023) pada tahun 2023 yaitu Hipertensi sebesar 60%, Kolestrol Tinggi sebesar 50%, Radang Sendi sebesar 35%, Penyakit Jantung Iskemik sebesar 29%, Diabetes Mellitus 27%, Ginjal Kronis sebesar 25%, Gagal Jantung sebesar 5%, Depresi sebesar 16%, Alzheimer dan demensia sebesar 12%, dan Penyakit Paru Obstruktif Kronis (PPOK) sebesar 11%. Menurut data kota batam morbiditas terbanyak yang rentan dialami lansia urutan pertama IMT 11,05%, urutan kedua Hipertensi 4,53%, urutan ketiga Gangguan Kognitif 4,43% Fungsi kognitif dapat dipengaruhi oleh beberapa faktor seperti : usia, jenis kelamin, ras, genetik, tekanan darah, indeks massa tubuh, nutrisi, payah jantung, aritmia jantung, diabetes mellitus. Penelitian ini bertujuan untuk mengetahui Hubungan IMT dan Hipertensi Dengan Fungsi Kognitif Pada Lansia Di Kelurahan Sei Langkai Wilayah Kerja Puskesmas Sei Langkai Kota Batam Tahun 2024. Desain penelitian pada penelitian ini adalah survey cross sectional . Besar sampel pada penelitian ini sebanyak 55 orang. Teknik pengambilan sampel pada penelitian ini menggunakan probability sampling yaitu cluster sampling Hasil uji chi-Square pada variabel IMT didapatkan nilai p-value 0,016 < 0,05 ada hubungan IMT dengan fungsi kognitif ringan pada lansia di Kelurahan Sei Langkai Wilayah Kerja Puskesmas Sei Langkai Kota Batam Tahun 2024. Dan untuk variabel hipertensi dengan p-value 0,030 < 0,05 yang berarti ada hubungan hipertensi dengan gangguan kognitif ringan pada lansia di Kelurahan Sei Langkai Wilayah Kerja Puskesmas Sei Langkai Kota Batam Tahun 2024. Hasil penelitian ini dapat dijadikan informasi lansia dalam meningkatkan kesadaran perubahan perilaku untuk mengurangi resiko penurunan fungsi kognitif dan menjaga berat badan serta rutin mengecek tekanan darah, serta ikut mengonsumsi makanan dengan gizi seimbang bagi tubuh.

**THE RELATIONSHIP BETWEEN IMT AND HYPERTENSION WITH COGNITIVE
FUNCTION IN THE ELDERLY IN THE KELURAHAN
SEI LANGKAI AREA WORK AREA OF SEI LANGKAI
HEALTH CENTER, BATAM CITY**

Lidya Indah Fhunna (2024)
Bachelor of Nursing and Nursing Professional Education
Institut Kesehatan Mitra Bunda Batam

Advisors
Ns. Savitri Gemini, M.Kep
Mona Rahayu Putri, SST., Bdn., MKM

Keywords: BMI, Hypertension, Cognitive Function and the Elderly

ABSTRAC

Problems in the elderly in the world according to the National Council On Aging (NCOA, 2023) in 2023 are Hypertension by 60%, High cholesterol by 50%, Arthritis by 35%, Ischemic Heart Disease by 29%, Diabetes Mellitus 27%, Chronic Kidney by 25%, Heart Failure by 5%, Depression by 16%, Alzheimer's and dementia by 12%, and Chronic Obstructive Pulmonary Disease (COPD) by 11%. According to Batam City data, the most morbidity that is vulnerable to the elderly is first order IMT 11.05%, second order Hypertension 4.53%, third order Cognitive Impairment 4.43%. Cognitive function can be influenced by several factors such as: age, gender, race, genetics, blood pressure, body mass index, nutrition, heart failure, cardiac arrhythmia, diabetes mellitus. This study aims to relate BMI and Hypertension with Cognitive Function in the Elderly in Sei Langkai Village, Sei Langkai Health Center Working Area, Batam City in 2024. The research design in this study was a cross sectional survey. The sample size in this study was 55 people. The sampling technique in this study uses probability sampling, namely cluster sampling. The results of the chi-square test on the BMI variable obtained a p-value of 0.016 < 0.05, there is a relationship between BMI and mild cognitive function in the elderly in Sei Langkai Village, Sei Langkai Health Center Working Area, Batam City 2024. And for hypertension variables with a p-value of 0.030 < 0.05, which means there is a relationship between hypertension and mild cognitive impairment in the elderly in Sei Langkai Village, Sei Langkai Health Center Working Area, Batam City in 2024. The results of this study can be used as information for the elderly in increasing awareness of behavior change to reduce the risk of decreased cognitive function and maintain weight and routinely check blood pressure, and participate in eating foods with balanced nutrition for the body.