

## **ABSTRACT**

### **THE RELATIONSHIP OF LIFESTYLE AND BLOOD PRESSURE IN THE ELDERLY IN THE WORKING AREA OF THE KENDALKEREP HEALTH CENTER, MALANG CITY**

Revanda Rera Amelia, Joko Wiyono, S.Kp., M.Kep., Sp.Kom, Naya Ernawati, S.Kep., Ns., M.Kep

Hypertension or high blood pressure is a cardiovascular syndrome characterized by increased arterial blood pressure which often occurs in the elderly. Increased blood pressure in the elderly can occur due to several factors, one of which is lifestyle. An unhealthy lifestyle will worsen the health condition of the elderly, especially regarding their blood pressure. The aim of this research is to determine the relationship between lifestyle and blood pressure in the elderly in the Kendalkerep Community Health Center Working Area, Malang City. This research uses a correlative descriptive design with a cross sectional study approach. The population in this study was all elderly people >60 years old in the Jodipan Village, Kendalkerep Health Center Working Area, Malang City, totaling 100 people who were then selected using a purposive sampling technique so that there were 80 elderly people who were respondents in this study. Data collection was carried out using a research instrument in the form of a lifestyle questionnaire. The data analysis method uses univariate and bivariate analysis. Bivariate analysis in this study used the Spearman Rank correlation test. The results of the study show that there is a relationship between lifestyle (physical activity) and blood pressure in the elderly with a p value = 0.000, there is a relationship between lifestyle (diet) and blood pressure in the elderly with a p value = 0.000, there is a relationship between lifestyle (resting habits) and blood pressure in the elderly with a p value = 0.000, there is a relationship between lifestyle (smoking habits) and blood pressure in the elderly with a p value = 0.027, there is a relationship between lifestyle (caffeine consumption habits) and blood pressure in the elderly with a p value = 0.001. An unhealthy lifestyle can cause an increase in blood pressure, especially in the elderly. It is recommended that seniors always follow good lifestyle recommendations such as sufficient physical activity, avoiding excessive consumption of salt, coconut milk and fat, getting enough rest, reducing smoking and caffeine consumption. It is hoped that health workers at the Kendalkerep Community Health Center will provide education regarding healthy lifestyles to prevent an increase in blood pressure in the elderly.

Keywords: Lifestyle, Blood Pressure, Elderly