

ABSTRAK

Bore, N L. 2026. Hubungan Fungsi Kognitif Dengan Activity Daily Living (ADL) Pada Lansia Hipertensi Di Panti Griya Lansia Husnul Khatimah Kecamatan Wajak Kabupaten Malang. Skripsi. Program Studi Ilmu Keperawatan. Fakultas Ilmu Kesehatan. Universitas Tribhuwana Tungadewi Malang: Pembimbing (1) Ibu Rona Sari Mahaji Putri, S.KM., M.Kes. Pembimbing (2) Ibu Nurul Aisiyiyah Puspitarini, S.Kep., Ns., M.Kep.

Rendahnya fungsi kognitif pada lansia hipertensi memiliki dampak langsung terhadap rendahnya kemampuan Activity Daily Living (ADL). Penelitian ini bertujuan untuk menganalisis hubungan antara fungsi kognitif dengan kemampuan ADL pada lansia hipertensi di Panti Griya Lansia Husnul Khatimah Kecamatan Wajak Kabupaten Malang. Metode penelitian menggunakan desain analitik korelasional dengan pendekatan cross sectional. Populasi penelitian berjumlah 60 lansia hipertensi, dengan teknik *simple random sampling* diperoleh sampel sebanyak 52 responden. Instrumen yang digunakan adalah *Mini Mental State Examination* (MMSE) untuk menilai fungsi kognitif dan Indeks Barthel untuk mengukur kemampuan ADL. Analisis data dilakukan menggunakan uji statistik Fisher Exact. Sebagian besar lansia hipertensi mengalami gangguan kognitif ringan sebesar 59,6%, sebagian besar responden berada pada kategori ketergantungan berat sebanyak 63,5%. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara fungsi kognitif dengan kemampuan ADL pada lansia hipertensi dengan nilai $p\text{-value} = 0,016$ ($p < 0,05$). Diharapkan peneliti selanjutnya dapat menggunakan sampel yang lebih besar dan membandingkan dengan perkotaan.

Kata kunci: ADL, fungsi kognitif, hipertensi, lansia, stres.

ABSTRACT

Bore, N L. 2026. The Relationship Between Cognitive Function and Activities Daily Living (ADL) Among Elderly with Hypertension at Panti Griya Lansia Husnul Khatimah, Wajak District, Malang Regency.. Thesis. Nursing Study Program. Faculty of Health Sciences. Tribhuwana Tunggadewi University Malang: Supervisor (1) Mrs. Rona Sari Mahaji Putri, S.KM., M. Kes. Supervisor (2) Mrs. Nurul Aisiyiyah Puspitarini, S. Kep., Ns., M. Kep.

Low cognitive function in elderly people with hypertension has a direct impact on their low ability to perform Activities of Daily Living (ADL). This study aimed to analyze the relationship between cognitive function and ADL ability in elderly people with hypertension at Panti Griya Lansia Husnul Khatimah, Wajak District, Malang Regency. The research method used a correlational analytic design with a cross-sectional approach. The study population consisted of 60 elderly people with hypertension, and by using a simple random sampling technique, a sample of 52 respondents was obtained. The instruments used were the Mini Mental State Examination (MMSE) to assess cognitive function and the Barthel Index to measure ADL ability. Data analysis was carried out using the Fisher Exact statistical test. Most elderly people with hypertension experienced mild cognitive impairment (59.6%), and most respondents were in the category of severe dependence (63.5%). The results showed that there was a significant relationship between cognitive function and ADL ability in elderly people with hypertension, with a p-value of 0.016 ($p < 0.05$). It is expected that future researchers can use a larger sample and compare the results with those from urban areas.

Keywords: *cognitive function, ADL, elderly, hypertension, stress.*