ABSTRACT

CORRELATION HYPERTENSION AND NUTRITIONAL STATUS WITH BALANCE POSTURAL OF ELDERLY IN POSYANDU LANSIA RAJABASA BANDARLAMPUNG

By

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Hypertension and nutrition status problem that often occurs in elderly is thought to be a risk factor of postural balance disorders and falls. The purpose of this study is to determine the correlation of hypertension and nutritional status with postural balance in elderly. This is an observational analytics study with cross sectional conducted in November-December 2014 at the Posyandu Lansia Rajabasa Bandar Lampung. Samples for this study are 100 people of elderly that gathered with consecutive sampling. Hypertension is obtained with blood pressure checks and interview of anti-hipertensive drug consumption history. Nutritional status was measured using the Body Mass Index (BMI). Postural balance of elderly assessed using Berg Balance Scale test. The result showed that the sample amounted to 34 men and 66 women. As many as 43% of elderly had hypertension, 60% had malnutrition within among of them are 12% undernutrition and 48% overnutrition, and 34% of elderly mild postural balance disorder. The results of chi-square analysis shown that there is a correlation between hypertension and postural balance in the elderly (p value = 0.000) (α = 0.005), and nutritional status was not correlation with postural balance of the elderly (p value = 0.514) (α = 0.005). The result show that there is a relationship of hypertension with postural balance and nutritional status of the elderly there was no correlation with postural balance in the elderly.

Keywords: hypertension, nutritional status, postural balance, elderly