

Analysis of Factors Affecting Hypertension Control in the Elderly at the Meukek Health Center Uptd, Meukek District, South Aceh Regency

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Abstract. *Hypertension is one of the problems that often occurs in the elderly. Prevalence hypertension in Indonesia is experiencing decrease. However, hypertension is factor risk highest reason death fourth in Indonesia. In South Aceh, the prevalence hypertension also experienced improvement for 3 years Lastly. Likewise with the UPTD Puskesmas Meukek who experienced improvement case hypertension in the elderly. Some factors that influence control hypertension among them obesity, activity physical , and restrictions salt consumption. Study This aiming For analyze factors that influence control hypertension in the elderly at the UPTD Health Center Meukek Anxiety Meukek South Aceh Regency. This type of research is analytical with a cross-sectional design. The population in this study were all elderly people aged >60 years who had a history of hypertension with a sample of 66 people. The sampling technique used the cluster proportional sampling technique. Data were obtained by distributing questionnaires. The data analysis method was analyzed in a way univariate , bivariate with using the Chi-Square test, and multivariate using regression test logistics multiple with at the level 95% confidence. Research result show factors that influence control hypertension in the elderly that is obesity (p-value = 0.026), activity physical (p-value = 0.002), restrictions salt consumption (p-value = 0.010). The most dominant factor influence control hypertension in the elderly is activity physique with Exp(B) value = 15.905. Elderly with activity physique good 15 times effect to control hypertension in the elderly. It is expected to Respondent For control obesity through pattern eat a balanced and healthy diet, do activity physique light routine activities regular physical such as walking, and increase knowledge elderly For reduce salt consumption with do dissemination and socialization in activities post office.*

Keywords: Control Hypertension, Obesity, Activity Physical, and Restrictions Salt Consumption

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INTRODUCTION

The World Health Organization (WHO) estimates that 1.28 billion adults aged 30-79 years in the world experience hypertension. As many as two- thirds sufferer hypertension living in a low-income country low and medium. Approximately 1 in 5

adults (21%) who suffer from hypertension can control disease this and less from half of adults (42%) suffer from hypertension diagnosed and treated (World Health Organization, 2023).

Prevalence incident hypertension highest namely in the African region (27%) while incident hypertension lowest namely in the Americas Region (18%), where the number of adults with hypertension increase from 594 million in 1975 to 1.13 billion in 2015 , with the highest increase occurs in high-income countries low and medium.

According to the Ministry of Health of the Republic of Indonesia, prevalence data hypertension in Indonesia is experiencing decline from 34.1% in 2018 to 30.8 % in 2023. However, hypertension is factor risk highest reason death fourth with percentage 10.2%. Government has do various effort For prevention and control hypertension like apply principles of COMPLIANCE and SMART behavior. However, the case hypertension Still still occurs in Indonesian society.

Based on results measurement pressure blood in the 2023 National Health Survey, group age highest happen hypertension namely >75 years as many as 64.0% and 65-74 years as much as 57.8%. Age advanced and genetics can increase risk caught pressure blood high. Continue age will experience decline function body consequence change physical, psychosocial, cultural, spiritual so that at risk experience disease contagious and not contagious. Physical changes due to the aging process will influence various system body of one of them is cardiovascular system (Sianturi et al., 2019).

Hypertension Lots experienced by the elderly because of along with increase age cause pressure blood increase and provide potential the occurrence of hypertension (Astuti et al., 2020). 5 Hypertension is pressure blood exceeding the normal limits that occur in a way Keep going continuously Where pressure blood $\geq 140/90$ mmHg (Fandinata & Ernawati, 2020). View public to hypertension precisely considered a disease usual. Assumption the make public often ignore and not Serious in treat disease hypertension. There are many misconceptions about public about hypertension like disease the No need Handling serious, easy healed , community with angry , too often Eat drug hypertension will result in kidneys, no need regulate diet and more old age the more high pressure limit normal blood (Rohmayani, 2019).

According to results literature review, factors that cause the occurrence hypertension in the elderly consists of from factors that are not can modified (history family, race and age) and factors that can modified (obesity, activity physical, stress and nutrition) (Pitriani et al., 2017). In addition, lifestyle less life Healthy like smoking, high salt diet, obesity, and lack of activity physique can trigger the occurrence hypertension. Habits This tend increase along with increasing age (Garshick et al., 2019). However, some study show different results Where habit exercise, obesity, and economic status No relate with hypertension in the elderly (Imelda et al., 2020).

Compliance to treatment is also key in control hypertension. Many elderly people do not comply recipe medical Because various reasons, including effect side medicine, cost treatment, and lack of understanding about importance regular treatment (Getenet et al., 2019). A number of the elderly are also more choose treatment alternatives that are not always effective in control hypertension. In addition, the pattern eat something that is not healthy, like excessive salt consumption, as well as lack of activity physique is factor risk main For hypertension. A diet rich in fruit, vegetables, and low salt can help lower blood pressure (Park, 2015). Activity A regular physical is also important in control

hypertension. However, many elderly who have limitations in do activity physique Because condition health has declined (Sumarta, 2020).

In Aceh, sufferers hypertension that gets service health in accordance standard as much as 38.29%. Coverage highest reported in Langsa City at 86.98% and district with coverage lowest is Aceh Singkil which is only by 2.07%. In South Aceh, the coverage sufferer hypertension that gets service health in accordance standard as much as 44.04%. Based on the data obtained from profile South Aceh health, there is improvement percentage sufferer hypertension ≥ 15 years who received service in accordance standard from 21.4% in 2021 , 44.0% in 2022 and 86.3%.

However, the report from Health Center Meukek which is one of the health centers in the South Aceh region show happen improvement case hypertension in the elderly >60 years. The data obtained from health center Meukek 2023, hypertension is one of disease of 10 diseases the most common occurrence in the community in the work area health center Meukek. Sequence First disease highest in the Health Center Meukek that is disease system network muscle with total 3,521 cases, while hypertension is order to 7 with total 1,529 cases.

Hypertension cases in the work area Health Center Meukek experience improvement from 228 people in 2022 increased to 315 people in 2023. Specifically For age elderly age >60 years who experience hypertension also occurs improvement case from 87 people in 2022 to 98 people in 2023. The latest data In May 2024, 78 elderly people (42.39%) experienced hypertension of the total elderly >60 years as many as 184 people. Interview results with PTM program holders, causes increase case hypertension in the elderly Because most elderly experience obesity and many elderly who are less do activities. Even elderly who have diagnosed experience hypertension, no regular consume drug.

Based on results interview with 20 elderly show that not enough do activity physical, smoking even style less life Good like often consuming coffee, advantages weight is a factor reason the occurrence hypertension, and not limit salt consumption. As many as 12 out of 20 elderly people interviewed experience obesity, 7 of them smoking, and as many as 15 people consume coffee. There are also elderly people who do not believe with disease hypertension so that No consume drug in a way regular so that impact the occurrence of stroke. Based on matter the study This done For analyze factors influencing hypertension control in the elderly at the UPTD Meukek Health Center, Meukek District, South Aceh Regency.

METHODS

Research Design and Research Location

Study This nature descriptive analytic done with use design *Cross-sectional*. This research was conducted at the UPTD Meukek Health Center located at Jln. Abbas Hasyim No.13, Kuta Baro, Meukek District, South Aceh Regency, Aceh. The Health Center Meukek is 36.4 km from center South Aceh Regency at the time carried out on the date 6-9 August 2024.

Population and Research Sample

The population in this study were all elderly people aged >60 years who had a history of hypertension in the UPTD Meukek Health Center working area, totaling 78 people. The sample size in this study was 66 elderly people who had history hypertension aged > 60 years in the work area UPTD Meukek Health Center. Number sample counted use formula

slovin with level 90% confidence. Retrieval technique sample done in a way *cluster proportional sampling*.

Data Collection Procedure

Data collection was carried out with use questionnaire KPAS (sodium intake restriction questionnaire) to measure salt intake restrictions, PASE (*Physical Activity Scale for Elderly*) questionnaire to measure salt intake restrictions, measure activity physical, obesity measured with do weighing and height, as well control hypertension measured with do inspection pressure blood. The KPAS questionnaire has been declared valid and reliable with a conbrach alpha value for the attitude subscale = 0.81, subjective norm subscale = 0.78, and behavioral control subscale = 0.83. The PASE questionnaire has been declared valid and reliable with a conbrach alpha value = 0.79. Data collection was assisted assisted by 5 enumerators who are also officer health at UPTD Puskesmas Meukek. Data collection was carried out during the posbindu event and carried out visit House.

Data analysis

Analysis of the data used covering analysis univariate, analysis bivariate use *Chi-Square Test* (χ^2), and analysis multivariate with regression test logistics. Variables results test bivariate show mark $p \leq 0.25$, so variable the can to be continued with model multivariate.

RESULT AND DISCUSSION

Analysis Univariate

The frequency distribution of respondents based on the characteristics of age, gender, education, and employment at the UPTD Meukek Health Center, Meukek District, South Aceh Regency can be seen in Table 1.

Table 1. Frequency Distribution of Respondent Characteristics, Hypertension Control, Obesity, Physical Activity, and Salt Consumption Restrictions at the UPTD Meukek Health Center, Meukek District, South Aceh Regency

Characteristics	f	%
Age		
61-65 Years	50	75.8
66-70 Years	16	24.2
Gender		
Man	20	30.3
Woman	46	69.7
Education		
No school	16	24.2
Base	38	57.6
Intermediate	8	12.1
High	4	6.1
Work		
Doesn't work	46	69.7
Work	20	30.3
Obesity		
Obesity	22	33.3
Normal	44	66.7
Activity Physique		

Activity Bad Physical	50	75.8
Activity Good Physical	16	24.2
Restrictions Salt Consumption		
Less Restricted	32	48.5
Restricted	34	51.5
Hypertension Control		
Under Control	26	39,4
Uncontrollable	40	60,6
Total	66	100

Based on Table 1. shows of the 66 respondents, 50 respondents (75.8%) were aged 61-65 years. 20 respondents (30.3%) were of the sex men. As many as 16 respondents (24.2%) did not school and as many as 46 respondents (69.7%) did not Work.

Respondents who did not experience obesity as many as 44 respondents (66.7%). Respondents who have activity physique Good as many as 16 respondents (24.2%). Respondents who limit salt consumption of 34 respondents (51.5%). Respondents who have high blood pressure his blood under control proven with pressure normal blood as many as 26 respondents (39.4%).

Analysis Bivariate

To determine the influence of obesity, physical activity and restriction of salt consumption on controlling hypertension in the elderly at the UPTD Meukek Health Center, Meukek District, South Aceh Regency, can be seen in Table 2.

Table 2. Influence Obesity, Activity Physical and Restrictions Salt Consumption Against Control Hypertension in the Elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency

Variables	Control Hypertension				Total		p-value
	Uncontrollable		Under Control				
	f	%	f	%	f	%	
Obesity	18	81.8	4	18.2	22	100	0.026
Normal	22	50.0	22	50.0	44	100	
Activity Bad	36 4	72.0 25.0	14 12	28.0 75.0	50 16	100 100	0.002
Physical							
Activity							
Good							
Physical							
Less	25	78.1	7	21.9	32	100	0.010
Restricted	15	44.1	19	55.9	34	100	
Restricted							

Based on Table 6. shows that respondents with hypertension under control morehigh in respondents who did not experience obesity or normal (50.0%) compared to with respondents who experienced obesity (18.2%). statistics using the chi-square test obtained p- value = $0.026 < 0.05$ which means There is influence obesity to control hypertension in the elderly at the UPTD Health Center Meukek Sub-district Meukek South Aceh Regency.

Respondents with hypertension under control higher in respondents who are active physique good (75.0%) compared to with respondents who are active physique bad (28.0%). In general statistics using the chi-square test obtained $p\text{-value} = 0.002 < 0.05$ which means There is influence activity physique to control hypertension in the elderly at the UPTD Health Center Meukek Sub-district Meukek South Aceh Regency.

Respondents with hypertension under control higher in respondents who limit salt consumption (55.9%) compared to with less respondents limiting salt consumption (21.9%). statistics using the chi-square test obtained $p\text{-value} = 0.010 < 0.05$ which means There is influence restrictions salt consumption against control hypertension in the elderly at the UPTD Health Center Meukek Sub-district Meukek South Aceh Regency.

Analysis Multivariate

Eligible variables analyzed in the regression test model logistics Where mark $p\text{-value} < 0.25$, namely variable obesity, activity physical, and salt consumption. The results of the analysis regression logistics multiple use method *backward stepwise (conditional)* can seen in Table 3 below.

Table 3. Most Dominant Influential Factors To Control Hypertension in the Elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency

Variables	B	Exp(B)	p-value	95% CI	
				lower	Upper
Obesity	2,314	10,114	0.004	2,095	48,814
Activity Physique	2,767	15,905	0.002	2,770	91,318
Restrictions Salt Consumption	2,227	9,268	0.002	2,281	37,666

Based on Table 3. the amount influence third variable the to control hypertension is indicated with Exp(B), namely: a) Variables obesity with Exp(B) value = 10.114 which means respondents who do not experience obesity has 10 times the effect to control hypertension in the elderly compared to with respondents who experienced obesity, when other variables are constant; b) Variables activity physique with Exp(B) value = 15.905 which means Respondent with activity physique good 15 times effect to control hypertension in the elderly compared to with respondents who are active his physical bad, when other variables are constant; c) Variables restrictions salt consumption with Exp(B) value = 9.268 which means respondents who limit Salt consumption has 9 times the effect to control hypertension in the elderly compared to with less respondents limit salt consumption, when other variables are constant.

Based on results the show that the most dominant factor influence control hypertension in the elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency, namely activity physique with Exp(B) value =15.905.

Characteristics of the Elderly in UPTD Health Centers Meukek Subdistrict Meukek South Aceh Regency

Characteristics elderly analyzed in study This in the form of age, type gender, education, and employment. In terms of age, results study This show as many as 50 respondents (75.8%) were aged 61-65 years and 16 respondents (24.2%) were aged 66-70 years. In line with study Yasril & Abbas (2023) who showed that age influential to prevention and control hypertension in the elderly in Bukit Tinggi City. Increasingly increase age somebody so knowledge and attitude will increase along education that person. Group age >60 years including in category carry on age (elderly), who have risk

more tall experience hypertension. Hypertension Lots experienced by the elderly because of along with increase age cause pressure blood increase and provide potential the occurrence of hypertension.

In terms of type gender, as many as 20 respondents (30.3%) are of the same sex male and 46 respondents (69.7%) were female sex female. Gender is one of factor affecting behavior control hypertension. According to Chendra et al. (2020), some big hypertension happens to men. This is happen Because man tend own characteristic No care to his illness and neglect regular treatment and No do control in a way regular and consistent maintain habit the worst that can happen cause complications. Different with women who tend to obedient in operate treatment as well as avoid habits that can cause the occurrence of complications (Chendra et al., 2020).

In terms of education, as many as 16 respondents (24.2%) did not school, 28 respondents (57.6%) were educated basic, 8 respondents (12.1%) were educated middle school, and 4 respondents (6.1) were educated high. According to Pratama et al. (2020), responden with education low have a 2,188 times chance of experiencing hypertension than Respondent with higher education. ¹⁸ Levels of education will influence knowledge somebody For do control hypertension. Somebody with education taller tend more capable understand complexity disease hypertension, its importance compliance to treatment, and value from modification style alive. Respondents are also more Possible For in a way active look for information health and communication effective with provider service health.

In terms of work, as many as 46 respondents (69.7%) did not working and 20 respondents (30.3%) worked. In line with research by Sari et al. (2023) which shows There is connection work with management control hypertension. Respondents who do not Work more own time free time For do inspection pressure blood in a way regular every month to posyandu. They also have time free time for follow style life Healthy like limit consume salt and do activity physique. Availability time this also has potential increase compliance to treatment Respondents who did not Work Possible more capable arrange timetable drink drug with more regular and attending session consultation or education health services provided by facilities health local.

Influence Obesity To Control Hypertension in the Elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency

Research result show respondents with hypertension under control higher in respondents who did not experience obesity or normal (50.0%) compared to with respondents who experienced obesity (18.2%). Statistics show There is influence obesity to control hypertension in the elderly at the UPTD Health Center Meukek Sub-district Meukek South Aceh Regency (p-value = 0.026 < 0.05).

Study This in line with Aswatullah et al. (2023) which shows There is connection obesity with control hypertension in the Sukaraja Nuban Health Center Working Area, East Lampung Regency (p-value=0.010). Likewise, research by Asari & Helda (2021) showed that obesity has a 6.0 times greater risk of experiencing hypertension compared to with elderly who do not obesity after controlled with age and history family with hypertension.

Excess weight and obesity is factor risk main For development hypertension and can to complicate management pressure blood in individuals who have diagnosed with hypertension (Hutagalung, 2021). A person who is obese signify that obesity in the

elderly can indicate existence imbalance in intake eating and pattern suboptimal eating, which in turn contribute to the improvement risk of hypertension (Jiang et al., 2016).

The underlying mechanism connection between obesity and hypertension involving a number of track physiological, including improvement activity system nerve sympathetic, activation renin-angiotensin-aldosterone system, insulin resistance, and dysfunction endothelium. According to Pikir (2015), excess weight and obesity increase blood volume, increase resistance peripheral, and causes thickening wall arteries, all of which contribute to improvement blood pressure. Therefore that, the decline proven weight loss effective in lower pressure blood in individuals with hypertension (Ainurrafiq et al., 2019).

Researcher assume obesity influential to control hypertension Because elderly who experience obesity more tend No do control hypertension. Elderly people do not arrange pattern eat and less do activity physical, so that hypertension experienced elderly No controlled. In addition, researchers assume elderly difficult arrange pattern eat and take care intake good nutrition Because No own ability For process themselves, they only consume food that has been provided child. This is allow support family also influences control hypertension in the elderly affected by obesity.

Influence Activity Physique To Control Hypertension in the Elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency

Research result show respondents with hypertension under control higher in respondents who are active physique good (75.0%) compared to with respondents who are active physique bad (28.0%). In general statistics using the chi-square test obtained $p\text{-value} = 0.002 < 0.05$ which means There is influence activity physique to control hypertension in the elderly at the UPTD Health Center Meukek Sub-district Meukek South Aceh Regency.

Study This in line with research by Morika et al. (2021) which shows that activity physique influence incident hypertension in the elderly. Likewise with Simanjuntak and Hasibuan's research shows that activity physique relate with control hypertension. Likewise with study Masyudi (2018) who showed that There is connection between activity physique with behavior elderly ($P\text{-value} 0.044 < 0.05$) in control hypertension.

Activity physique is every movement physical activity performed by muscles frame that requires energy. Activity physical in the elderly is various type activity physical that can done / not done Can done by people who have old, like running, jumping, walking, exercising, and so on (Ariyanto et al., 2020).

Develop routine Sport regular can give various effect term long on pressure blood. Oxide nitrate play role important in maintaining vascular homeostasis blood Good with regulates vascular tone, and causes anti atherosclerotic effects. For some people, exercise regular can reduce need drug pressure blood. Sports own effect lower pressure blood, active individuals in a way physique own risk more hypertension low compared to with those who don't move a lot (Umam & Hafifah, 2021).

Activity physique in a way consistent acknowledged as one of the the most effective non-pharmacological interventions in control hypertension. Research show that exercise regular physical can help lower pressure blood in individuals with hypertension and also those who have pressure normal blood. Mechanism the main thing behind effect This involving various adaptation physiological, including decline resistance vascular

peripheral, increase function endothelium, and changes in system nerve sympathetic as well as renin-angiotensin-aldosterone system (Diaz & Shimbo, 2013).

Research result this also shows that respondents who do activity physique not enough Good but his hypertension controlled. According to Aziz & Arofiati (2019), the activity physique intensity low although capable cause decline pressure blood in hypertension but its significance weak. Activity / exercise physical proven effective For lower pressure blood in hypertension with exercise intensity is. Increasingly tall intensity exercise compared to straight with effect decline blood pressure.

From the results distribution questionnaire, elderly in the work area health center Meukek often do activity physique like strolling outside house. The location of the Meukek area is almost part the area close together with beach, seniors man often do activities fishing. Apart from that, the elderly also sometimes to do activity work House like clean, maintain grandchildren and some are gardening.

Researchers assume that physical activity plays an important role in controlling hypertension in the elderly in the Meukek Health Center work area. Researchers assume that the fairly high level of physical activity among these elderly people should contribute positively to controlling hypertension. Outdoor walking activities that are often done by local elderly people can help improve blood circulation and maintain cardiovascular fitness. For male elderly people, fishing activities in the coastal areas of Meukek not only provide light physical exercise but may also help reduce stress, which is also beneficial for controlling blood pressure.

In addition, researchers assume that household chores such as cleaning, looking after grandchildren, and gardening, even if done only occasionally, still provide benefits in keeping the elderly active. However, considering the ongoing problems of obesity and uncontrolled hypertension, researchers may also assume that even though the level of physical activity is quite good, the intensity or frequency may not be optimal for effective hypertension control.

Influence Restrictions Salt Consumption Against Control Hypertension in the Elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency

Analysis results bivariate show respondents with hypertension under control higher in respondents who limit salt consumption (55.9%) compared to with less respondents limit salt consumption (21.9%). Statistics using the chi-square test obtained $p\text{-value} = 0.010 < 0.05$ which means There is influence restrictions salt consumption against control hypertension in the elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency.

Study This in line with study Shafrina et al (20221) which shows There is connection level salt consumption with incident hypertension in Southeast Asia. As well as study Purwono et al. (2020) who showed excessive salt consumption can cause hypertension in the elderly. Respondents who consume high salt has 5,704 times greater risk big to experience hypertension compared to with respondents who consume low salt.

Restrictions Salt consumption has long been recognized as one of the effective strategies in control hypertension. Salt, which contains sodium, can increase pressure blood. Excessive consumption of grams can increase amount of sodium in cells and interfere balance fluid. Entry fluid to in cell will reduce the diameter of blood vessels blood artery so that heart pumping blood more strong resulting in increase pressure

blood the more high. Increase This affect performance the heart that finally can cause attack heart and stroke (Ashar et al., 2022).

Result of study show there is level high awareness and compliance to recommendation restrictions salt consumption among respondents. However, consistency in undergo intake low salt varies and the presence of significant in adopt and maintain pattern Eat low in salt, which can impact on success control hypertension term long. Consistent and easy elderly undergo intake low salt possibility big own control more hypertension Good compared to with elderly who experience difficulty or No consistent in consume intake low salt.

Researcher assume existence influence salt consumption with control hypertension because of excessive salt consumption in a way significant increase risk hypertension in the elderly. Consistency in following a low salt diet is very important for control effective hypertension. Consistent elderly in intake low salt estimated own control more hypertension well, for now those in trouble or No consistent in operate pattern Eat This Possible experience difficulty in control pressure blood they. Researchers also assume location geographical Meukek which is close with beach, allows existence challenge special related salt consumption in this region. Location geographical This at risk influence people's dietary habits, including consumption food the sea that may high in salt.

Dominant Factors That Influence Control Hypertension in the Elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency

Research result show the most dominant factor influence control hypertension in the elderly at the UPTS Puskesmas Meukek is activity physique with Exp(B) value = 15.905. Respondents with activity physique Good influential to control hypertension in the elderly by 15,905 compared to with variable restrictions salt consumption and activity physique.

Study This in line with study Wulandari et al. (2023) who showed that activity physique is variable dominant influencing incident hypertension with value (p-value: 0.000) and OR value of 9.086. Activity physique own a very important role for elderly Because with do activity physique elderly can maintain and improve degrees his health. However, limitations physical problems that occur in the elderly consequence increase age that causes change and decline function physiologically, then elderly need adaptation or adjustment in do daily activities (Sari et al., 2017).

Do activity physique can cause impact in a way positive one of them is influence decline pressure circulation systolic and pressure diastolic. Activity regular physical exercise for adults with hypertension can influence all level pressure systolic blood. Theoretically, regular physical activity can increase blood vessel elasticity, improve endothelial function, and decrease peripheral resistance, which ultimately contribute to lower blood pressure (Pescatello et al., 2015). In addition, physical activity can also help with weight loss, reduce stress, and increase insulin sensitivity, all of which play a role in controlling hypertension.

Researchers assume that physical activity is the most dominant factor influencing hypertension control in the elderly at the UPTD Meukek Health Center because physical activity is easier to do and integrate into the elderly's daily routine compared to dietary changes such as limiting salt consumption. The positive effects of physical activity may be felt more quickly by the elderly, both physically and mentally, thus increasing their

motivation to continue doing it. In addition, one of the health promotion programs at the Meukek Health Center that is carried out to control hypertension in the elderly is by doing gymnastics once a week.

CONCLUSION

Based on results research, conclusion in study This among others as following. Factors that influence control hypertension in the elderly at the UPTD Health Center Meukek Sub-district Meukek South Aceh Regency, namely obesity (p-value = 0.026), activity physical (p-value = 0.002), restrictions salt consumption (p-value = 0.010). The most dominant factor influence control hypertension in the elderly at the UPTD Health Center Meukek Subdistrict Meukek South Aceh Regency, namely activity physique with Exp(B) value =15.905.

Suggestion

It is expected to elderly for control obesity through pattern eat a balanced and healthy diet, and with reduce consumption food tall calories and fat, balanced with improvement consumption fruits, vegetables, and grains. In addition, the activity regular physical, such as walking, gymnastics, or sport light other appropriate with condition physical, highly recommended for help lower pressure blood and keep health heart. Researchers also emphasized importance restrictions salt consumption in food daily for support control more hypertension effective.

In addition, the Health Center is expected to continue to educate and socialize about the importance of weight control, physical activity, and limiting salt consumption in preventing and controlling hypertension. The Health Center can hold routine programs, such as health education, blood pressure checks, and monitoring the health conditions of the elderly, so that they are more aware and consistent in living a healthy lifestyle.

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