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Judul : Hubungan Keaktifan Peserta Prolanis Dan Dukungan Keluarga Terhadap Tingkat Kontrol Kadar Glukosa Darah Dan Tekanan Darah Pada Lansia Di Klinik Mabes POLRI

ABSTRAK

Latar belakang: diabetes melitus dan hipertensi merupakan penyakit kronis yang banyak dialami oleh lansia dan memerlukan pengelolaan jangka panjang. Pengendalian kadar glukosa darah dan tekanan darah yang optimal sangat penting untuk mencegah komplikasi. Program Pengelolaan Penyakit Kronis (Prolanis) serta dukungan keluarga memiliki peran penting dalam membantu lansia mengelola penyakitnya. Namun, tingkat keaktifan peserta Prolanis dan dukungan keluarga masih bervariasi sehingga perlu dikaji hubungannya dengan keberhasilan pengendalian penyakit kronis pada lansia.

Metode: penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional pada 129 lansia penderita diabetes melitus dan/atau hipertensi di Klinik Mabes POLRI. Sampel dipilih menggunakan teknik purposive sampling. Instrumen penelitian meliputi kuesioner, rekap kehadiran Prolanis untuk mengukur keaktifan peserta, serta rekap hasil pemeriksaan kadar glukosa darah dan tekanan darah. Analisis data dilakukan secara univariat dan bivariat

Hasil: sebagian besar responden memiliki tingkat keaktifan Prolanis yang tinggi dan dukungan keluarga yang baik. Mayoritas lansia juga menunjukkan kontrol kadar glukosa darah dan tekanan darah yang baik. Analisis bivariat menunjukkan adanya hubungan yang bermakna antara keaktifan peserta Prolanis dengan kontrol kadar glukosa darah ($p=0,001$) dan tekanan darah ($p=0,001$). Selain itu, terdapat hubungan yang bermakna antara dukungan keluarga dengan kontrol kadar glukosa darah ($p=0,001$) dan tekanan darah ($p=0,001$).

Kesimpulan: keaktifan peserta Prolanis dan dukungan keluarga berhubungan signifikan dengan tingkat kontrol kadar glukosa darah dan tekanan darah pada lansia. Peningkatan partisipasi lansia dalam Prolanis serta keterlibatan keluarga secara optimal diperlukan untuk mendukung pengelolaan penyakit kronis pada lansia.

Kata Kunci : Lansia, Prolanis, Dukungan Keluarga, Diabetes Melitus, Hipertensi

Daftar Pustaka : 85 (1991-2024)

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ABSTRACT

Background: *Diabetes mellitus and hypertension are chronic diseases commonly experienced by older adults and require long-term management. Optimal control of blood glucose levels and blood pressure is essential to prevent complications. The Chronic Disease Management Program (Prolanis) and family support play important roles in helping older adults manage their illnesses. However, the level of participation in Prolanis and the degree of family support vary, making it necessary to examine their relationship with the success of chronic disease control among older adults.*

Methods: *This study used a quantitative approach with a cross-sectional design involving 129 older adults with diabetes mellitus and/or hypertension at the Mabes POLRI Clinic. The samples were selected using a purposive sampling technique. The research instruments included questionnaires, Prolanis attendance records to measure participant activeness, and records of blood glucose and blood pressure examination results. Data were analyzed using univariate and bivariate analysis.*

Results: *Most respondents had a high level of participation in Prolanis and good family support. The majority of older adults also showed good control of blood glucose levels and blood pressure. Bivariate analysis indicated a significant relationship between Prolanis participation and blood glucose control ($p=0.001$) as well as blood pressure control ($p=0.001$). In addition, there was a significant relationship between family support and blood glucose control ($p=0.001$) and blood pressure control ($p=0.001$).*

Conclusion: *Participation in Prolanis and family support are significantly associated with the control of blood glucose levels and blood pressure among older adults. Increasing older adults' participation in Prolanis and optimizing family involvement are necessary to support chronic disease management in older adults.*

Keywords : Older Adults, Prolanis, Family Support, Diabetes Mellitus, Hypertension
References : 85 (1991–2024)