

## DUKUNGAN SOSIAL SEBAGAI DETERMINAN DOMINAN KEPATUHAN LATIHAN FISIK LANSIA HIPERTENSI BERBASIS KOMUNITAS

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Article Info	ABSTRAK
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b> Hypertension Older Adults Exercise Adherence Social Support</p>	<p>Hipertensi lansia merupakan penyebab utama morbiditas dan mortalitas kardiovaskular. Kepatuhan latihan fisik menjadi komponen penting pengendalian tekanan darah, tetapi masih banyak lansia belum menunjukkan konsistensi melakukan secara teratur. Penelitian bertujuan mengidentifikasi faktor-faktor yang berhubungan dengan kepatuhan latihan fisik lansia hipertensi di komunitas. Penelitian mempergunakan desain cross-sectional pada 108 lansia yang dipilih secara purposive. Pengumpulan data menggunakan kuesioner terstruktur dan dianalisis menggunakan uji chi-square dan regresi logistik ganda. Hasil menunjukkan 55.6% lansia kurang patuh menjalankan latihan fisik yang baik. Faktor yang berhubungan signifikan dengan kepatuhan adalah riwayat keluarga hipertensi (<math>p = 0,037</math>; <math>OR = 2.530</math>), persepsi kerentanan (<math>OR=2,774</math>; <math>p=0,018</math>), persepsi hambatan (<math>OR=2,388</math>; <math>p=0,044</math>), persepsi dukungan keluarga (<math>OR=3,429</math>; <math>p=0,005</math>), dan persepsi dukungan sosial (<math>OR=3,521</math>; <math>p=0,004</math>). Hasil analisis multivariat menunjukkan persepsi dukungan sosial menjadi faktor dominan yang berhubungan dengan kepatuhan menjalankan latihan fisik (adjusted <math>OR=3,759</math>). Kepatuhan latihan fisik lansia terutama dipengaruhi faktor psikososial khususnya dukungan sosial. Dukungan sosial berpengaruh lebih kuat dibandingkan faktor persepsi individu, sehingga penguatan sistem dukungan sosial berbasis komunitas menjadi strategi kunci meningkatkan kepatuhan latihan fisik pada lansia hipertensi.</p> <p><b>ABSTRACT</b></p> <p><i>Hypertension in older adults was a major contributor to cardiovascular morbidity and mortality. Adherence to regular physical exercise played an essential role in blood pressure control; however, many older adults did not consistently perform exercise as recommended. This study aimed to identify factors associated with adherence to physical exercise among hypertensive older adults in a community setting. A cross-sectional design was conducted involving 108 older adults selected through purposive sampling. Data were collected using structured questionnaires and analyzed using the chi-square test and multiple logistic regression. The results indicated that 55.6% of participants demonstrated poor adherence to physical exercise. Factors significantly associated with adherence included family history of hypertension (<math>p = 0.037</math>; <math>OR = 2.530</math>), perceived susceptibility (<math>p = 0.018</math>; <math>OR = 2.774</math>), perceived barriers (<math>p = 0.044</math>; <math>OR = 2.388</math>), perceived family support (<math>p = 0.005</math>; <math>OR = 3.429</math>), and perceived social support (<math>p = 0.004</math>; <math>OR = 3.521</math>). Multivariate analysis revealed that perceived social support was the most dominant factor associated with adherence (adjusted <math>OR = 3.759</math>). Adherence to physical exercise among older adults was</i></p>

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*primarily influenced by psychosocial factors, particularly social support. Social support demonstrated a stronger effect compared to individual perception factors, indicating that strengthening community-based social support systems was a key strategy to improve exercise adherence among hypertensive older adults.*

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