

***LIFESTYLE DESCRIPTION OF ELDERLY HYPERTENSION AT THE  
TANJUNG HULU PUBLIC HEALTH CENTER, EAST PONTIANAK  
DISTRICT***

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***ABSTRACT***

**Background:** Hypertension in the elderly, characterized by systolic blood pressure  $\geq 140$  mmHg and diastolic blood pressure  $\geq 90$  mmHg, is a global health problem affecting approximately 1.28 billion people aged 30-79 years. This condition arises from arterial constriction, which increases the workload of the heart and risks damaging the heart and blood vessels. Hypertension prevention can be done through changes in healthy lifestyle behaviors. **Objective:** This study aims to identify the lifestyle characteristics of elderly people with hypertension. **Methods:** Using a descriptive research design with a cross-sectional approach, the sample consisted of 56 respondents randomly drawn from a population of 125 elderly people with hypertension. Data were collected through questionnaires from July - August 2025 and processed with descriptive statistics. **Results:** Showed that 53.5% of respondents had insufficient physical activity, 62.5% had a good diet, 55.3% experienced sleep deprivation, and 62.5% did not smoke. **Conclusion:** Hypertensive elderly at Tanjung Hulu Community Health Center are generally over 45 years old, with a high-salt diet, lack of physical activity, and inadequate sleep habits, although most do not smoke. **Keywords:** Hypertension, Elderly, Lifestyle.