

BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Penelitian mengenai hubungan hipertensi dan demensia pada 66 lansia di Griya Usia Lanjut Santo Yosef Surabaya yang dilaksanakan pada tanggal 19 Juli sampai dengan 25 Juli 2017 dapat diambil kesimpulan bahwa terdapat hubungan antara hipertensi dan demensia pada lansia di Griya Usia Lanjut Santo Yosef Surabaya, persentase demensia lebih besar pada perempuan dan kelompok usia sangat tua, dan persentase adanya riwayat hipertensi lebih besar pada laki – laki.

7.2 Saran

Berdasarkan penelitian yang dilakukan, ada beberapa saran untuk penelitian selanjutnya, antara lain :

- A. Melakukan *follow-up* pada lansia yang memiliki *Mild Cognitive Impairment* supaya tidak berkembang menjadi demensia. Hal ini dapat dilakukan dengan meningkatkan aktivitas yang membuat kerja otak bisa meningkat seperti

membaca dan menulis, aktivitas sosial, dan meningkatkan gaya hidup sehat.

- B. Melakukan pemeriksaan pada saat lansia memiliki waktu luang sehingga hasil pemeriksaan bisa lebih maksimal.
- C. Dapat menganalisis faktor penyebab lain dari demensia seperti *eye and ear* dan tumor.
- D. Dapat menghubungkan hipertensi dengan demensia secara spesifik berdasarkan tipe demensia (Alzheimer, Vaskuler, Fronto Temporal, dan Badan Lewi), sehingga hubungan hipertensi dan demensia menjadi lebih spesifik.
- E. Melakukan pengambilan sampel pada banyak populasi sehingga hasil penelitian bisa diterapkan secara umum.

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