

THESIS
THE CORRELATION BETWEEN STRESS LEVELS AND
BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION
AT THE WORKING AREA OF KLATAK PUBLIC
HEALTH CENTER IN 2022



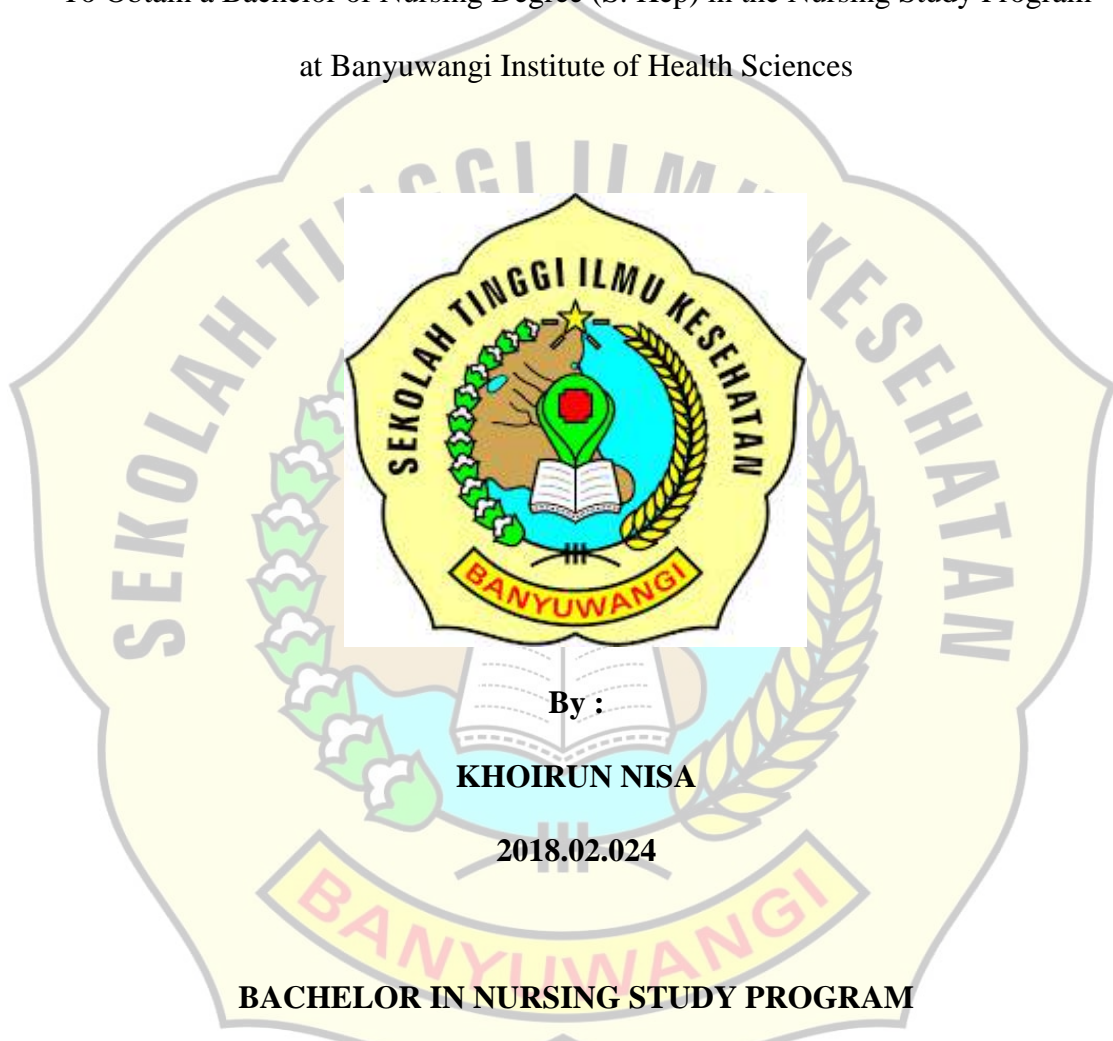
BACHELOR IN NURSING STUDY PROGRAM
BANYUWANGI INSTITUTE OF HEALTH SCIENCES
BANYUWANGI

2022

THESIS

**THE CORRELATION BETWEEN STRESS LEVELS AND
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AT THE WORKING AREA OF KLATAK PUBLIC
HEALTH CENTER IN 2022**

To Obtain a Bachelor of Nursing Degree (S. Kep) in the Nursing Study Program
at Banyuwangi Institute of Health Sciences



By :

KHOIRUN NISA

2018.02.024

**BACHELOR IN NURSING STUDY PROGRAM
BANYUWANGI INSTITUTE OF HEALTH SCIENCES**

BANYUWANGI

2022

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Willing to be published in a magazine or scientific journal on behalf of the supervisor while still including my name as a researcher.

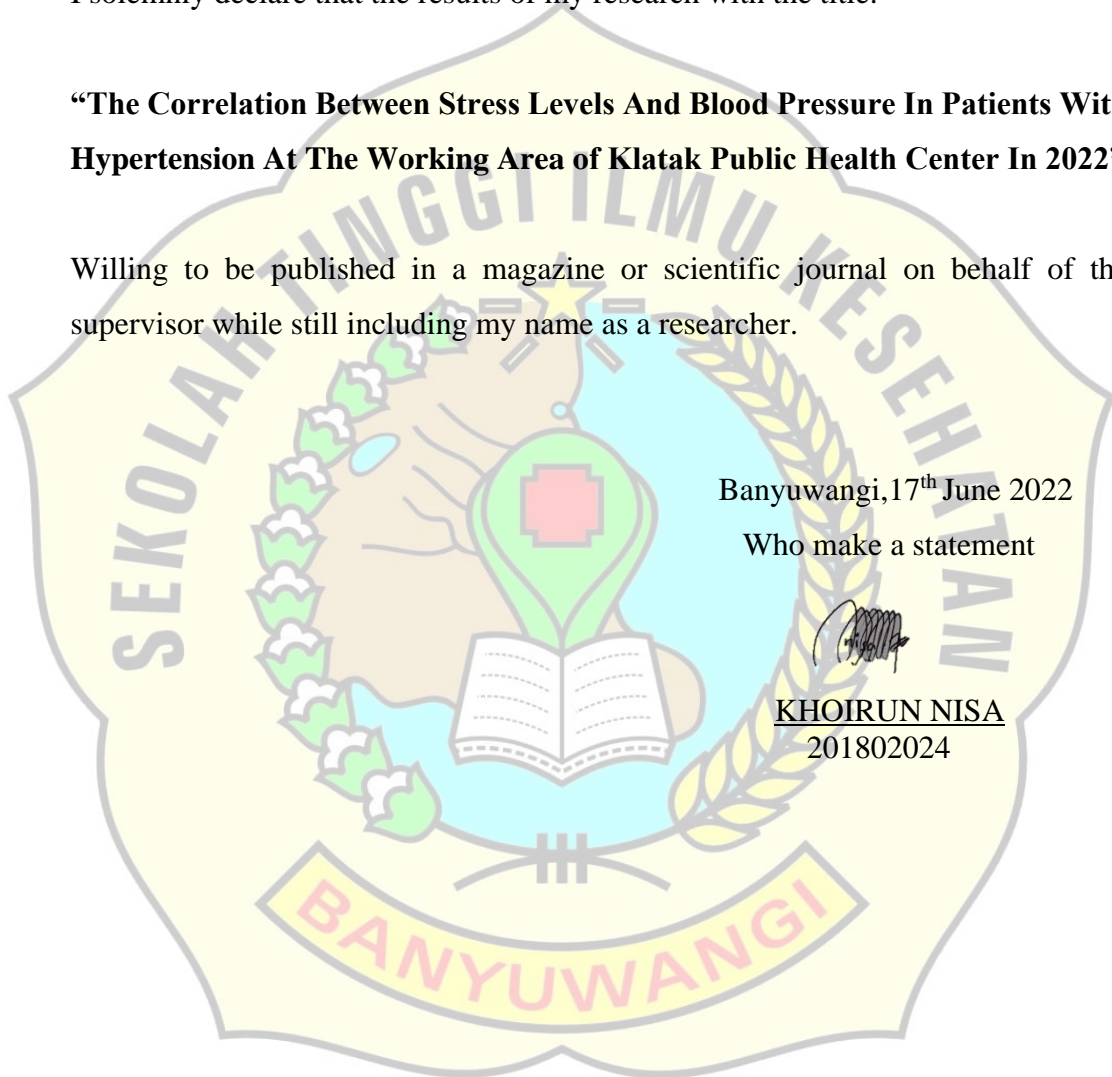
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ABSTRACT
**THE CORRELATION BETWEEN OF STRESS LEVELS AND BLOOD
PRESSURE IN PATIENTS WITH HYPERTENSION IN THE WORKING
AREA OF PUSKESMAS KLATAK IN 2022**

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Background: Stress is a disorder of the body and mind caused by changes and demands of life, which are influenced by the environment and the appearance of individuals in the environment. Stress is an unpleasant condition for individuals that can cause physical and psychological pressure on individuals. Hypertension is often referred to as the silent killer because it is a deadly disease and it often does not cause any complaints or symptoms. Moreover, hypertension can cause other diseases that are classified as serious and deadly diseases and can increase the risk of heart attack, stroke and kidney failure. **Purpose:** This study was to determine the correlation between stress levels and blood pressure in patients with hypertension. **Methods:** The method used in this study is cross sectional and 30 respondents were selected by using accidental sampling for 4 days. For the first variable, the data were collected by using DASS 21 and for the second variable, they were collected by using sphygmomanometer, stethoscope and observation sheet. **Results:** The results showed that most patients (53.3%) suffered from moderate stress levels and almost half of them (46.7%) were included in stage 1 hypertension. From the statistical analysis using Spearman Rank test, it was obtained p value of $0.021 < 0.05$, which means that there was correlation between stress levels and blood pressure in hypertensive patients. The correlation between the two variables was unidirectional. Thus, it can be interpreted that the higher the stress level, the more it will affect the blood pressure. **Conclusion:** It is very important for the respondents to be more active in participating in every activity carried out by the Puskesmas related to self-control on people with hypertension in order to avoid stress.

Keywords: stress level, blood pressure, hypertension

ABSTRAK
HUBUNGAN TINGKAT STRES DENGAN TEKANAN DARAH PADA
PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS KLATAK
TAHUN 2022

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Latar Belakang: Stres adalah suatu gangguan pada tubuh dan pikiran yang disebabkan oleh perubahan dan tuntutan hidup, yang dipengaruhi oleh lingkungan dan penampilan individu di lingkungan tersebut. Stres merupakan suatu kondisi yang tidak menyenangkan bagi individu yang dapat menimbulkan tekanan fisik dan psikis pada individu. Hipertensi sering disebut sebagai silent killer karena merupakan penyakit yang mematikan dan seringkali tidak menimbulkan keluhan atau gejala, bahkan hipertensi dapat menyebabkan penyakit lain yang tergolong penyakit serius dan mematikan serta dapat meningkatkan risiko serangan jantung, stroke dan gagal ginjal. **Tujuan:** penelitian ini untuk mengetahui hubungan tingkat stres dengan tekanan darah pada penderita hipertensi. **Metode:** Metode yang digunakan dalam penelitian ini adalah cross sectional dan sebanyak 30 responden dipilih secara accidental sampling selama 4 hari. Pengumpulan data: variabel pertama menggunakan DASS 21 dan variabel kedua menggunakan tensimeter, stetoskop dan lembar observasi. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar (53,3%) pasien mengalami tingkat stres sedang dan hampir separuh (46,7%) memiliki tekanan darah dalam kategori hipertensi stadium 1. Analisis statistik dengan menggunakan uji Spearman Rank diperoleh nilai sebesar $0,021 < 0,05$ yang berarti terdapat hubungan antara tingkat stres dengan tekanan darah pada pasien hipertensi. sehingga hubungan kedua variabel bersifat searah. Dengan demikian dapat diartikan bahwa semakin tinggi tingkat stres maka akan semakin mempengaruhi tekanan darah. **Kesimpulan:** Sangat penting bagi responden untuk lebih aktif mengikuti setiap kegiatan yang dilakukan Puskesmas terkait pengendalian diri penderita hipertensi agar terhindar dari stres.

Kata kunci: tingkat stres, tekanan darah, hipertensi

PREFACE

Assalamualaikum Wr.Wb

In the name of Allah, the beneficent and merciful. All praise is merely to the Mightiest Allah SWT, the lord of the worlds, for the gracious mercy and tremendous blessing that enable me to accomplish this thesis proposal. This thesis proposal entitled “The correlation between stress levels and blood pressure in patients with hypertension at the working area of Klatak public health center in 2022”, is submitted to fulfill one of the requirements in accomplishing the Bachelor of Nursing Degree at STIKES Banyuwangi.

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suggestions that are constructive. The writer hopes that this thesis proposal can be useful generally for readers and for the world of nursing.

Banyuwangi, 17th June 2022

Writer



KHOIRUN NISA

2018.02.024



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LIST OF ABBREVIATIONS

WHO : World Health Organization

KEMENKES	: Kementrian kesehatan
RISKESDAS	: Riset Kesehatan Dasar
PERKI	: Perhimpunan Kardiovaskular Indonesia
PERHI	: Perhimpunan Hipertensi Indonesia
BMI	: Body Mass Index
BP	: Blood Pressure
ACEi	: Angiotensin Converting Enzyme Inhibitors
ARB	: Angiotensin II Receptor Blockers
CCB	: Calcium Channel Blockers
LAS	: Local Adaptation Syndrome
GAS	: General Adaptation Syndrome
ER	: Emergency Room
ICU	: Intensive Care Unit
DASS	: Depression Anxiety Stress Scale
Na	: Natrium
NaCl	: Natrium Clorida
SPSS	: Statistical Package for the Social Sciences

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