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LAPORAN PENELITIAN

THE RELATIONSHIP OF STRESS TO BLOOD PRESSURE IN HYPERTENSION



Disusun Oleh :

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Anggota 1. Ns. Rita Sari, M.Kes (0208067804)
2. Vini Widya F, MBI (0215059001)
3. Lulu'ul Kamal

**PROGRAM STUDI SARJANA KEPERAWATAN DAN
PENDIDIKAN PROFESI NERS
FAKULTAS KESEHATAN
UNIVERSITAS MUHAMMADIYAH PRINGSEWU
TAHUN 2022**

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1. Identitas Penelitian

A. Judul penelitian

The Relationship Of Stress To Blood Pressure In Hypertension

B. Waktu Penelitian

Tahun Usulan	Tahun Pelaksanaan	Semeslater	Lama Penelitian
2021	2022	Ganjil	1 Tahun

C. Mata Kuliah


Kode MK	Mata Kuliah
2035251	Keperawatan Keluarga
2033230	Keperawatan Gerontik

D. Dasar alqur'an

Surah dan ayat	al-Mu'min /40: 67
Ayat alquran	<p>هُوَ الَّذِي خَلَقَكُمْ مِنْ تُرَابٍ ثُمَّ مِنْ نُطْفَةٍ ثُمَّ مِنْ عَلَقَةٍ ثُمَّ يُخْرِجُكُمْ طِفْلًا ثُمَّ لِتَبْلُغُوا أَشُدَّكُمْ ثُمَّ لَتَكُونُوا شُيُوخًا وَمِنْكُمْ مَنْ يُتَوَفَّى مِنْ قَبْلٍ وَلَنَبْلُغُوا أَجَلَ مُّسَمًّى وَلَعَلَّكُمْ تَعْقِلُونَ</p>
Artinya	<p>Dialah yang menciptakan kamu dari tanah kemudian dari setetes mani, sesudah itu dari segumpal darah, kemudian dilahirkannya kamu sebagai seorang anak, kemudian (kamu dibiarkan hidup) supaya kamu sampai kepada masa (dewasa), kemudian (dibiarkan kamu hidup lagi) sampai tua, di antara kamu ada yang diwafatkan sebelum itu. (kami perbuat demikian) supaya kamu sampai kepada ajal yang ditentukan dan supaya kamu memahami(nya)</p>
Hadis	

2. Identitas Peneliti

Nama	Peran	Tugas
Janu Purwono	Ketua Penelitian	Mengkoordinir pelaksanaan penelitian

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Nama	Peran	Tugas
Rita Sari	Anggota 1	Mengumpulkan data
Vini Widya F	Anggota 1	Mengkoding dan mengolah data
Fasha Fikarussyifa (2021206203002)	Mahasiswa 1	Membantu mengumpulkan data dan mengkode data
Siti Barokah (2021206203003)	Mahasiswa 2	Membantu mengumpulkan data dan mengkode data

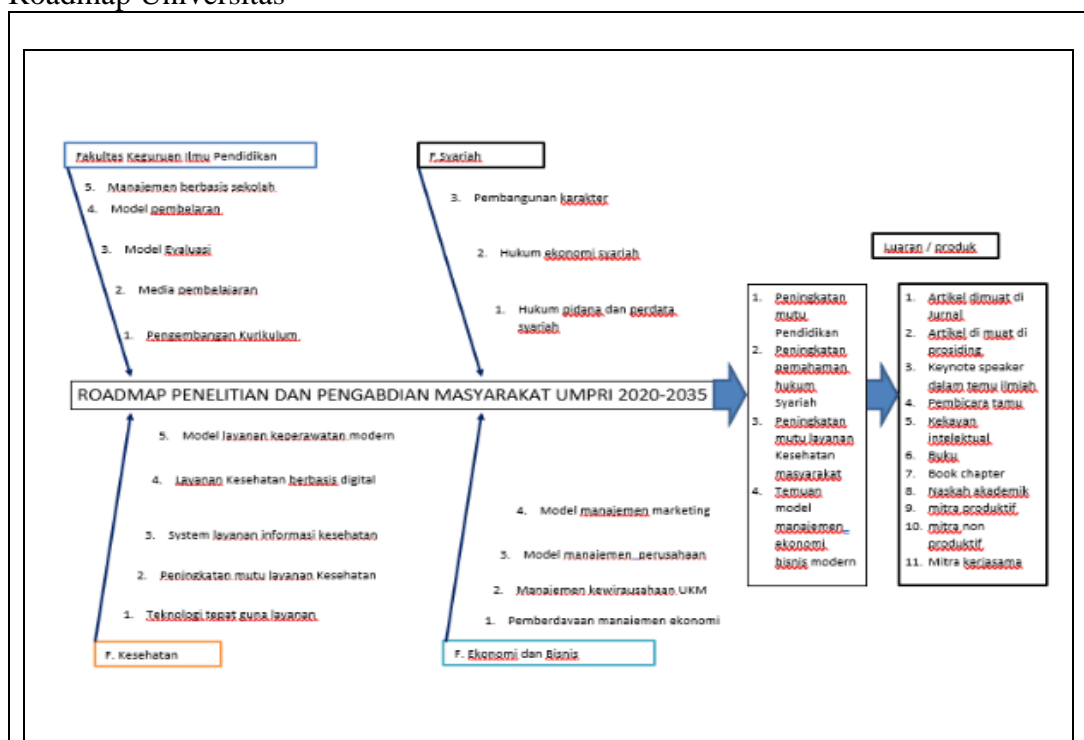
3. Mitra Penelitian


Institusi	Nama mitra	Kepakaran	e-mail dan no WA
-	-	-	-

4. Luaran dan Target capaian

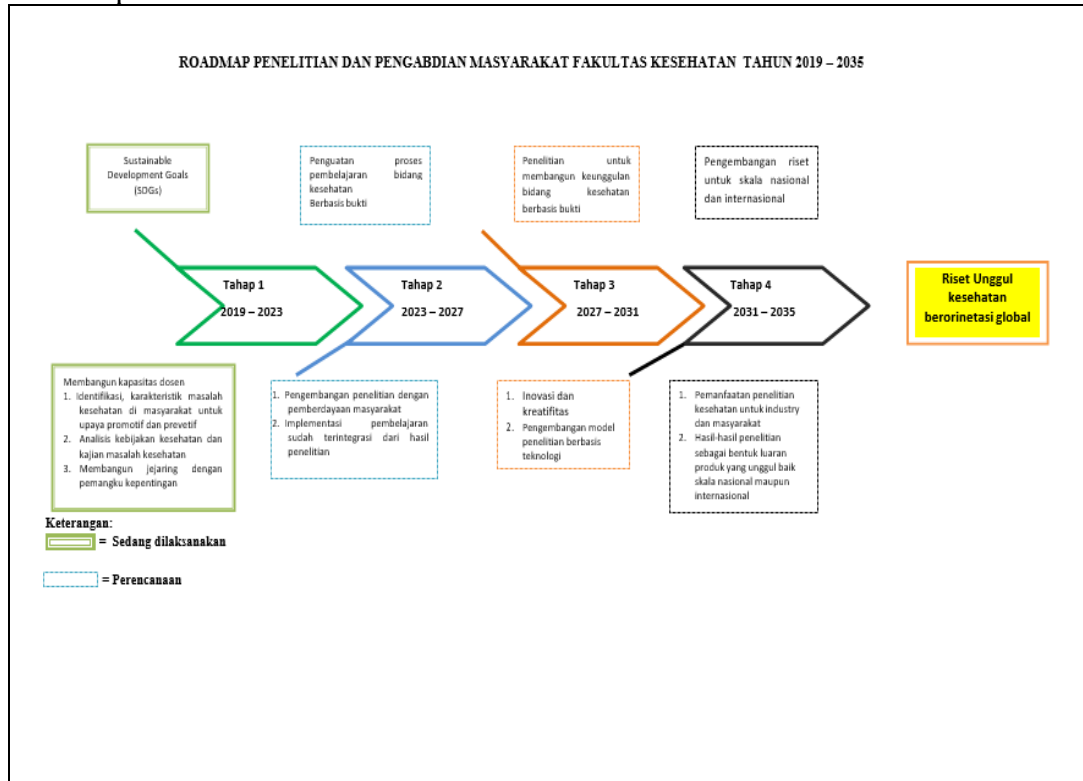
Tahun	Jenis Luaran
1	Prosiding internasional/ jurnal scopus
1	Jurnal nasional (sinta 1-4)
1	HKI

5. Roadmap Universitas

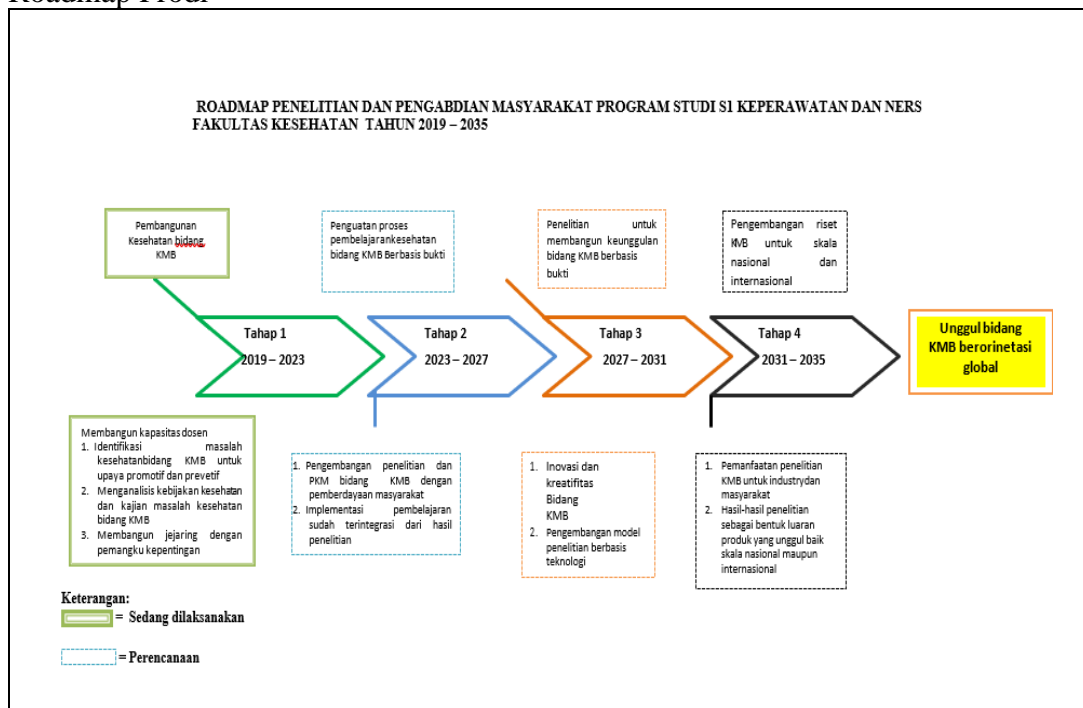


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6. Roadmap Fakultas

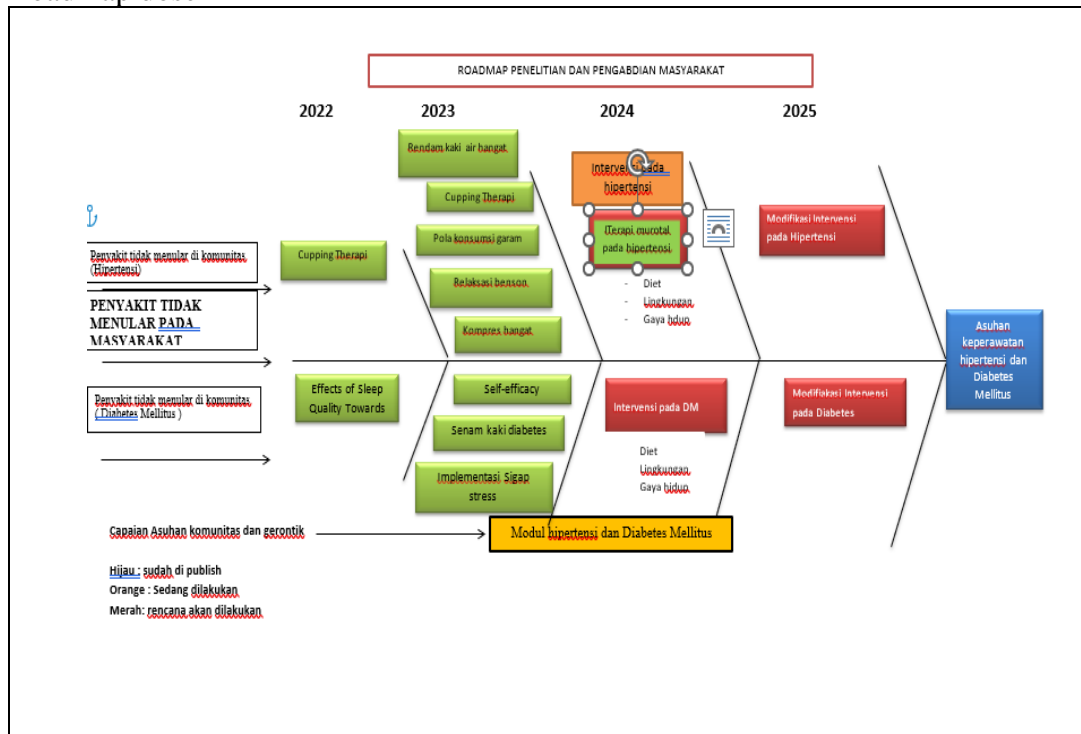


7. Roadmap Prodi



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8. Roadmap dosen






9. Anggaran Penelitian

NO	URAIAN	SATUAN	VOLUME	JUMLAH
1	Honor peneliti	1	Rp 1.500.000,00	Rp 1.500.000,00
2	Belanja barang habis pakai	1	Rp 3.000.000,00	Rp 3.500.000,00
3	Biaya perjalanan (survey, ambil data, transpot)	10	RP 300.000,00	Rp 3,000,000,00
4	Publikasi	1	Rp 1.000.000,00	Rp 1.000.000,00
5	Lain-lain	1	Rp 1.000.000,00	Rp 1.000.000,00
	Jumah			Rp 10.000.000,00

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10. Halaman pengesahan

HALAMAN PENGESAHAN	
1. Judul Penelitian	: The Relationship Of Stress To Blood Pressure In Hypertension
2. Bidang Penelitian	: Kesehatan/Keperawatan
3. Ketua Peneliti	
a. Nama lengkap	: Ns Janu Purwono,S.Kep., M.Kep
b. NIDN	: 0217017403
c. Jabatan /golongan	: Lektor/ III d
d. Program Studi	: S1 Keperawatan
e. No Hp	: 0895396899416
4. Anggota Peneliti 1	
a. Nama lengkap	: Ns. Rita Sari, M.Kep
b. NIDN	: 0222087403
5. Anggota Peneliti 2	
a. Nama lengkap	: Viny Widya F, M.BI
b. NIDN	: 0215059001
6. Lokasi Peneliti	: Pringsewu
7. Jumlah biaya yang diusulkan	: Rp.10.000.000
Pringsewu, Oktober 2022 Mengetahui	
Dekan FKes,  Elma Nuryati, M.Epid,Ph.D NIDN. 0215117601	Kepala LPPM UMPRI  Sofwan Adiputra, M.Pd., Kons. NIDN 0223108601

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1. Isi Penelitian

a. Abstrak

Background: The World Health Organization (WHO) estimates that currently the global prevalence of hypertension is 22% of the total world population. It is estimated that high blood pressure will continue to increase every year with a prediction that by 2025 it will be more than 1.5 billion people. Based on Basic Health Research (Riskesdas 2018) High blood pressure is the third leading cause of death in Indonesia for all ages (34.1%). The prevalence of high blood pressure cases in Lampung Province has reached (62.41%). High blood pressure is a non-communicable disease that is one of the leading causes of premature death in the world. High blood pressure is a global public health threat and ranks first as a health problem that can be encountered in every country because of its potential to cause complications such as stroke, coronary heart disease, and kidney failure. The purpose of the research is to understand the relationship of stress toward decreasing of blood pressure on hypertension patient at Talang Padang District, Tanggamus regency people in year of 2022. This type of research is an analytical survey using a cross-sectional design. The populations in this research use 482 respondent and 82 respondent used as a sample. The Sampling technique this research used purposive sampling. The Bivariate data analytic this research used Chi square test. The results of the analysis there is a relationship between stress and the incidence of hypertension with a value of ρ


b. Key word

Stress, blood pressure, hypertension

c. Latar Belakang

High blood pressure is a non-communicable disease that is one of the leading causes of premature death in the world. The world health organization (World Health Organization / WHO) estimates that the global prevalence of hypertension is 22% of the world's total population. Of these patients, only less than one-fifth make efforts to control their blood pressure (World Health Organization (WHO), 2019).

According to WHO in 2015 there were around 1.13 billion people to the world suffering from high blood pressure, meaning that 1 in 3 people around the world was diagnosed with high blood pressure. It is estimated that high blood pressure will year with a prediction that by 2025, there will be more than 1.5 billion people diagnosed with high blood pressure with its complications (RI, 2020). High blood pressure is a global public health threat and ranks first as a health

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problem that can be encountered in every country because of its potential to cause complications such as stroke, coronary heart disease, and kidney failure (Departemen kesehatan, 2019).

According to WHO in 2019, two-thirds of people with high blood pressure in the world are in developing countries. High blood pressure and its complications kill more than 9.4 million people every year worldwide. The African region has the highest prevalence in the world at 27%. Southeast Asia is in the 3rd highest position with a prevalence of 25% of the total population, WHO also estimates that 1 in 5 women worldwide has high blood pressure. This number is greater among the male group, namely 1 in 4 (Departemen kesehatan, 2019).

Based on Basic Health Research (Riskesdas 2018) High blood pressure is the third-leading cause of death in Indonesia for all ages (34.1%), after stroke (15.4%) and tuberculosis (7.5%). South Kalimantan province is the province with the highest prevalence in Indonesia (44.1%), and the lowest is Papua province with a prevalence (22.2%). Meanwhile, Lampung Province ranks 16th out of 34 provinces in Indonesia with a prevalence of around 30.1% (Departemen kesehatan, 2018).

Data from the Surveillance Report of non-communicable disease cases based on puskesmas within the Lampung Provincial Health Office in 2018, the prevalence of high blood pressure cases in Lampung Province has reached (62.41%). And occupies the top 3 disease ranking after Acute Nasopharyngeal and Gastritis with a total of 545,625 sufferers and that does not include the number of residents who do not want to check themselves at the nearest Health Center. The highest cases in Lampung Province occurred in South Lampung and East Lampung districts with a coverage range of 11,378 cases. Meanwhile, the prevalence of Pringsewu Regency is ranked 10th out of 15 urban regencies in the Province Lampung with prevalence 25,8% and its will be increase (Dinas kesehatan provinsi Lampung, 2019).

Hypertension has become a public health problem and will become a bigger problem if it is not addressed, where hypertension is one of the number one causes of death globally (Rusnoto and Hermawan, 2018). According to research (Saleh, M. et al., 2014) there is a significant correlation between stress levels and the degree of hypertension in hypertensive patients. The higher a person's stress level, the higher a person's hypertension degree. According to research (Subrata A. H, et al., 2020) There is a

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significant relationship between stress and blood pressure, both systolic and diastolic in hypertension patients of productive age. Hypertensive patients with high stress have a risk of experiencing an increase in systolic blood pressure 3.29 times and diastolic blood pressure 10 times compared to patients with low stress.

The purpose of the research is to understand the relationship of stress toward decreasing of blood pressure on hypertension patient at Talang Padang District, Tanggamus regency people.

d. Metode

This type of research is an analytical survey using a cross-sectional design. The populations in this research use 482 respondent and 82 respondent used as a sample. The Sampling technique this research used purposive sampling. The Bivariate data analytic this research used Chi square test.

e. Hasil

Tabel 1. Distribusi frekwensi sosio demografi Responden (n=82)

<u>Variabel</u>	n	%
Age		
26-45 year	6	7,4%
46-65 year	76	92,6%
Gender		
Female	58	70,7%
Male	24	29,3%
Education		
primary school	11	13,4%
Junior high school	33	40,2%
Senior High School	35	35,0%
bachelor	2	4,43%
	82	100%

Based on Table 1, it can be concluded that from 82 respondents with an age range of ages 26-45 years and over are 6 (7.4%) respondents, and 46-65 years and above are 776 (92.6%) of respondents, 24 male respondents (29.9%) and 58 female respondents (70.7%), elementary or elementary education 11 (13.4%), 33 respondents from junior high school (40.2%), 35 respondents from high school (35.0%) and 2 bachelor (4.43%).

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Table 2. Level stress and Level Blood Pressure (n=82)

N	Level	Mean	Media n	Std. d
82	Level stress	67	1.00	7.040
82	Level blood pressure	41	0.00	4.960

Based on Table 2. It shows that the mean of level stress is 67 and level blood pressure is 41, the median of level stress is 1.00 and level blood pressure is 0.00. The standard deviation of is 16.712 and Diastole is 6.991

Table 3. Level stress and Incidence of hypertension (n=82)

Level	Frequency	Percent
Level stress		
Normal stress	38	46.3%
level Medium	33	40.2%
stress level High	11	14.4%
stress level		
Incidence of		
hypertension Severe	48	58.5%
hypertension Mild	34	41.5%
hypertension		

Based on Table 3. It shows that level stresses normal is 38 (46,3%), normal stress level is 33 (40,2%), medium stress Level is 33 (40,2%), (%), high stress Level is 11 (14,4%). Severe hypertension is 48 (58,5%), Mild hypertension is 34 (41,5%).


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Table 4. The relationship between Social Stress Level with Incidence of hypertension


Stress Level	Incidence of hypertension		Total	<i>p-Value</i>	Odd Ratio
	Severe Hypertension	Mild hypertension			
Normal stress level	28 (73.7%)	10 (26.3%)	38 (100%)	0.035	6.840
Medium stress level	15 (45.5%)	18 (54.5%)	33 (100%)		
High stress level	6 (45.5%)	6 (54.5%)	12 (100%)		
Total	49 (43.07)	34 (41.06%)	82 (100%)		

From table 4. it is known that from 38 respondents with normal stress levels who experienced severe hypertension, 28 respondents (73.7%) and 10 respondents (17.1%) had mild hypertension. It is known that from 33 respondents with medium stress levels who experienced severe hypertension, 15 respondents (45.5%) and 18 respondents (54.5%) had mild hypertension. It is known that from 11 respondents with high stress levels who experienced severe hypertension, 6 respondents (45.5%) and 6 respondents (54.4%) had mild hypertension

The results of statistical testing using the chi square test with p -value = 0.035 ($p < 0.05$), it can be concluded that there is no significant relationship between stress with Incidence of hypertension. Old ratio value = 6.840 This means that respondents with stress had a 6.840 Incidence of hypertension.

f. Pembahasan

Statistical testing using the chi square test with p -value: 0.035 ($p < 0.05$), it can be concluded that there is no significant relationship between stress with Incidence of hypertension. Pressure-related environmental factors High blood pressure including stress. Stress and activation in the sympathetic nervous system, one of the part

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of the autonomic (unconscious) nervous system dominates in times of stress, plays an important role in creating high blood pressure. Anxiety is one of the emotions that causes blood pressure to rise. Lots research has known the relationship between stress and hypertension. For example, a patient who has stress anxiety before surgery can have increased blood pressure sudden. someone is having a heart attack or stroke when the person cannot controlling negative emotions, such as anger (Braverman, 2008).

Stress is a physical or psychological pressure or unpleasant incident that happened to self, and environment continues continuously so that one cannot cope with effective (Marliani, 2007). Stress is when a person experiences a burden or tough task, but the person can't cope with the assigned task. Stress is a non-specific response of the body against his claims. The body will try to harmonize stimulation or humans will be fast enough to recover a return from the effects of stressful experiences. (Yosep, 2009).

The results of this study are in accordance with research that has been carried out by Sugiharto. There is a relationship between stress, and event's hypertension is a person who is psychologically stressed experiencing hypertension. Stress increases sympathetic nerve activity, which can increase blood pressure significantly gradually, which means the more stressed someone will cause someone the higher the blood pressure (Sugiharto, 2007)

A person's psychological condition can affect pressure blood, the body's response to stress is called an alarm, namely a defense reaction or response resistance. This condition is characterized by an increase in blood pressure, heart rate, respiratory rate, and muscle tension. In addition, stress also causes increased blood flow to skeletal muscles and decreased blood flow to the kidneys, skin, and duct's digestion. Stress will make the body more produce the hormone adrenaline, this condition makes the heart work stronger and faster (Lovibon, S.H & Lovibon, 1995). There is a significant relationship between stress and the incidence of hypertension in the Matur Public Health Center Agam District (Yimmi S, 2014).

Asfri et al's research states the relationship between stress and the incidence of hypertension (Asfri Sri Rahmadeni, Lela Fajar, 2019). Muhammad Saleh's research results show that there is a significant relationship between stress levels and the degree of hypertension in hypertensive patients in Indonesia Andalas Padang Health Center working area (Muhammad Saleh dkk, 2014). Stress is a condition in

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which the body produces more adrenaline. Make the heart work stronger and faster. If it occurs within a period of For a long time, it will cause reactions in other organs throughout the body. Functional changes in blood pressure. Stress conditions can cause cardiovascular hypertrophy. So researchers can say that stress is very influential in incidence of hypertension.

g. Kesimpulan

Stress is related to the incidence of hypertension in the Talang Padang Tanggamus community

h. Daftar Pustaka

Asfri Sri Rahmadeni, Lela Fajar, N. H. (2019) ‘Hubungan Stres Dengan Kejadian Hipertensi Di Wilayah Kerja Puskesmas Sei Pancur Kota Batam Tahun 2018’, *Jurnal Sehat Mandiri*, 14(1).

Braverman, E. R. (2008) *Penyakit jantung dan penyembuhannya secara alami*. Gramedia : Jakarta.

Departemen kesehatan (2018) *Riset Kesehatan dasar*. Departemen kesehatan (2019) *Pusat Data Indonesia*.

Dinas kesehatan provinsi Lampung (2019) *Profil Kesehatan Provinsi Lampung*.

Lovibon, S.H & Lovibon, P. F. (1995) ‘Manual for the Depression Anxiety & Stress Scales (Second edition). Psychology Foundation’, in.

Marliani, L. (2007) ‘100 Question & Answers Hipertensi. Jakarta : Elek Media Komputindo.’, in.

Muhammad Saleh dkk (2014) ‘HUBUNGAN TINGKAT STRES DENGAN DERAJAT

Hipertensi Pada Pasien Hipertensi Di Wilayah Kerja Puskesmas

Andalas Padang Tahun 2014’, *Ners Jurnal Keperawatan Volume*, 10(1).

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2. Publikasi Penelitian

Jenis Publikasi	Nama Jurnal	Link
Jurnal sinta 4	Proceeding of International Conference Social Technology Education and Health Science	https://proceeding.umpri.ac.id/index.php/ISTEHS/article/view/19
HKI		-