

Universitas Ngudi Waluyo  
Program Studi S1 Keperawatan  
Skripsi, Agustus 2023  
Dina Christiana  
011191100

## HUBUNGAN TEKANAN DARAH DENGAN MANAJEMEN STRES PENDERITA HIPERTENSI DI PUSKESMAS KRAGAN II KAB. REMBANG JAWA TENGAH

### ABSTRAK

**Latar belakang :** hipertensi adalah suatu keadaan dimana tekanan darah menjadi naik karena gangguan pada pembuluh darah yang mengakibatkan suplai oksigen dan nutrisi terganggu sampai ke jaringan tubuh yang membutuhkannya hipertensi dapat dipicu oleh faktor stress, hipertensi dapat dicegah dengan self care magement melalui aktivitas saraf simpatis yang dapat meningkatkan tekanan darah secara bertahap,

**Tujuan penelitian :** untuk mengetahui hubungan tekanan darah dengan manajemen stress pada penderita hipertensi di puskesmas kragan ii kab. Rembang,

**Metode :** penelitian ini merupakan penelitian kuantitatif deskriptif korelatif, dengan rancangan penelitian cross sectional menggunakan teknik *purposive sampling* dengan sampel sebanyak 132 responden yang dilaksanakan di puskesmas kragan ii kab. Rembang februari-juli 2023

**Hasil :** Berdasarkan hasil yang diperoleh menunjukkan P-value 0,000 ( $P < 0,005$ ), Pada uji tersebut didapatkan nilai  $r$  0,314 yang menunjukkan adanya hubungan positif antara kedua variable dan nilai  $r$  0,314 yang berarti kekuatan hubungan lemah

**Saran :** diharapkan masyarakat dapat melakukan atau melaksanakan manajemen stress yang baik dengan cara merelaksasikan pikiran agar tidak mudah stress dan mampu menenangkan pikiran sehingga tekanan darah bisa stabil dan tidak terjadi kenaikan tekanan darah secara tiba-tiba.

**Kesimpulan :** ada hubungan tekanan darah dengan manajemen stress pada penderita hipertensi di puskesmas kragan II kab. Rembang

Kata Kunci : Hipertensi, Stres, Self Care Management

Referensi : 2013-2023

Halaman : 96 Halaman

Ngudi Waluyo University  
Bachelor of Nursing Study Program  
Thesis, August 2023  
Dina Christiana  
011191100

**THE RELATIONS BETWEEN BLOOD PRESSURE AND STRESS MANAGEMENT  
IN HYPERTENSION PATIENTS AT PUSKESMAS KRAGAN II KAB. REMBANG  
CENTRAL JAVA**

**ABSTRACT**

**Background:** hypertension is a condition where blood pressure rises due to disturbances in the blood vessels which results in the supply of oxygen and nutrients being disrupted to the body tissues that need them hypertension can be triggered by stress factors, hypertension can be prevented by self care management through sympathetic nerve activity which can increase blood pressure gradually.

**Research objective:** to determine the relationship between stress management and blood pressure in hypertensive patients at the Kragan II Public Health Center, Kab. Rembang.

**Methods:** this research is a correlative descriptive quantitative research, with a cross sectional research design using a purposive sampling technique with a sample of 132 respondents which was carried out at the Kragan II Public Health Center, Kab. Rembang February-July 2023

**Results:** Based on the results obtained, it shows a P-value of 0.000 ( $P < 0.005$ ). In this test, the value of  $r$  0.314 is obtained which indicates a positive relationship between the two variables and the value of  $r$  0.314 which means the strength of the relationship is weak.

**Suggestion:** it is hoped that the community can carry out or carry out good stress management by relaxing the mind so that it is not easily stressed and able to calm the mind so that blood pressure can stabilize and there is no sudden increase in blood pressure.

**Conclusion:** there is a relationship between blood pressure and stress management in hypertensive patients at the Kragan II Public Health Center, Kab. Rembang.

Keywords : Hypertension, Stress, Self Care Management  
Reference : 2013-2023  
Pages : 96 Pages