

Universitas Ngudi Waluyo
Program Studi S1Keperawatan
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**HUBUNGAN STRES DENGAN TEKANAN DARAH PADA PENDERITA
PENYAKIT GAGAL GINJAL KRONIK YANG SEDANG MENJALANI
HEMODIALISA DI RSUD UNGARAN KABUPATEN SEMARANG**

xvi + 102 halaman + 11 tabel + 2 gambar + 13 lampiran

ABSTRAK

LatarBelakang: Hubungan antara stres dengan hipertensi diduga terjadi melalui aktivitas saraf simpatis, yang dapat meningkatkan tekanan darah secara bertahap. Pada saat seseorang mengalami stres, hormon adrenalin akan dilepaskan dan kemudian akan meningkatkan tekanan darah melalui kontraksi arteri (vasokonstriksi) dan peningkatan denyut jantung. Apabila stres berlanjut, tekanan darah akan tetap tinggi sehingga orang tersebut akan mengalami peningkatan tekanan darah.

Tujuan: Mengetahui hubungan stress dengan tekanan darah pada penderita penyakit gagal ginjal kronik yang sedang menjalani hemodialisa di RSUD Ungaran Kabupaten Semarang.

Metode: Desain penelitian ini deskriptif korelasional dengan pendekatan studi *cross-sectional* dengan jumlah sampel 60 orang penderita penyakit gagal ginjal kronik di RSUD Ungaran Kabupaten Semarang. Instrumen yang digunakan adalah kuesioner, sedangkan pengukuran tekanan darah menggunakan Spigmomanometer. Analisis data penelitian menggunakan uji statistic korelasi *Kendall's tau_b*.

Hasilpenelitian: Hasil uji statistik *Kendall's Tau_b*, menunjukkan bahwa nilai signifikansi atau Sig. (2-tailed) antara stres dengan tekanan darah adalah sebesar $P 0,033 < \alpha 0,05$, maka dapat disimpulkan bahwa ada hubungan yang signifikan antara stres dengan tekanan darah pada penderita penyakit gagal ginjal kronik yang sedang menjalani hemodialisa di RSUD Ungaran Kabupaten Semarang.

Saran:Diharapkan tenaga kesehatan member informasi terkait dengan management stres, seperti mendengarkan musik, berpikir positif dan sebagainya.

Kata kunci : Stres, gagal ginjal kronik, hemodialisa, tekanan darah.
Kepustakaan : 54 (2007-2019)

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THE CORRELATION BETWEEN STRESS AND THE INCREASE OF BLOOD PRESSURE IN PATIENTS WITH CHRONIC KIDNEY DISEASE GETTING HEMODIALYSIS IN RSUD REGIONAL HOSPITAL UNGARAN SEMARANG REGENCY

xvi + 102 pages + 11 tables + 2 pictures + 13 attachments

ABSTRACT

Background: The correlation between stress and hypertension is suspected to occur through sympathetic nerve activity, which can increase blood pressure gradually. When a person experiences stress, the hormone adrenaline is released and then it will increase blood pressure through arterial contractions (vasoconstriction) and increase heart rate. If stress continues, blood pressure will remain high so that the person will experience an increase in blood pressure.

Objective: To determine the correlation between stress and the increase of blood pressure in patients with chronic kidney disease getting hemodialysis in RSUD Ungaran Semarang Regency

Method: The design of this study was descriptive correlation with cross-sectional study approach with the samples of 60 people with chronic renal failure in RSUD Ungaran Semarang Regency. The instrument used a questionnaire, while the measurement of blood pressure used a Sphygmomanometer. Analysis of research data used Kendall's tau_b correlational statistical test.

Research results: Kendall's Tau_b statistical test results showed that the significance value or Sig. (2-tailed) between stress and increased blood pressure was 0.033 <0.05, it can be concluded that there is a significant correlation between stress and increased blood pressure in patients with chronic kidney disease undergoing hemodialysis at RSUD Ungaran Semarang Regency.

Suggestion: It is expected that health workers provide information related to stress management, such as listening to music, positive thinking and so on.

Keywords: Stress, chronic kidney disease, hemodialysis, blood pressure.

Literatures: 54(2005-2019)