

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**HUBUNGAN TINGKAT STRES DENGAN KEJADIAN HIPERTENSI
DI RW 04 WILAYAH KERJA PUSKESMAS CANGKOL KOTA CIREBON**

xv + 79 + 6 tabel + 3 gambar + 14 lampiran

ABSTRAK

Hipertensi adalah kondisi dimana tekanan darah berada di atas normal. Stres dapat memicu timbulnya hipertensi melalui aktivitas sistem saraf simpatis yang mengakibatkan naiknya tekanan darah secara intermentinen (tidak menentu). Penelitian ini dilakukan untuk mengetahui hubungan antara tingkat stres dengan kejadian hipertensi di RW 04 wilayah kerja Puskesmas Cangkol Kota Cirebon.

Penelitian menggunakan rancangan analitik dan desain Cross Sectional. Pengambilan sampel dalam penelitian ini menggunakan *Probability Sampling* dengan teknik *Simple Random Sampling* dengan jumlah responden sebanyak 61 orang. Instrument yang digunakan berupa kuesioner DASS (*Depression Anxiety Stress Scale*) milik Lovibond dan tensi meter untuk memeriksa tekanan darah. Analisa data menggunakan uji *spearman rank* dengan nilai *p value* > 0,05. Penelitian dilakukan di RW 04 Wilayah Kerja Puskesmas Cangkol Kota Cirebon pada tanggal 20 Maret 2025 - 26 Maret 2025.

Hasil penelitian didapatkan mayoritas penderita hipertensi berada pada tingkat stres sedang dengan jumlah 33 responden (54.1%) dan mengalami hipertensi derajat 1 sebanyak 38 orang (62.3%). Hasil uji statistik spearman rank diperoleh nilai $r=0.629$ dan $p= 0.000$ ($p<0,05$).

Hasil ini menunjukkan bahwa Ada hubungan antara tingkat stres dengan kejadian hipertensi di RW 04 Puskesmas Cangkol Kota Cirebon dengan tingkat keeratan korelasi kuat. Hasil penelitian ini diharapkan dapat memberikan informasi kesehatan tentang pemberian koesioner stres pada penderita hipertensi melalui kegiatan penyuluhan.

Kata Kunci: tingkat stress, kejadian hipertensi, hubungan tingkat stres dengan kejadian hipertensi

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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**RELATIONSHIP BETWEEN STRESS LEVELS AND HYPERTENSION
INCIDENCE IN RW 04, WORK AREA OF CANGKOL COMMUNITY HEALTH
CENTER, CIREBON CITY**

xv + 79 + 6 tables + 3 figures + 14 enclosure

ABSTRACT

Hypertension is a condition where blood pressure is above normal. Stress can trigger hypertension through the activity of the sympathetic nervous system which causes an increase in blood pressure intermittently (unpredictably). This study was conducted to determine the relationship between stress levels and the incidence of hypertension in RW 04, Cangkol Health Center, Cirebon City.

The study used an analytical design and a Cross Sectional design. Sampling in this study used Probability Sampling with the Simple Random Sampling technique with a total of 61 respondents. The instruments used were the Lovibond DASS (Depression Anxiety Stress Scale) questionnaire and a tensiometer to check blood pressure. Data analysis used the sperm rank test with a p value > 0.05. The study was conducted in RW 04, Cangkol Health Center Working Area, Cirebon City on March 20, 2025 - March 26, 2025.

The results of the study showed that the majority of hypertension sufferers were at a moderate stress level with a total of 33 respondents (54.1%) and experienced grade 1 hypertension as many as 38 people (62.3%). The results of the Spearman rank statistical test obtained a value of $r = 0.629$ and $p = 0.000$ ($p < 0.05$).

These results indicate that there is a relationship between stress levels and the incidence of hypertension in RW 04 Cangkol Health Center, Cirebon City with a strong correlation level. The results of this study are expected to provide health information about administering stress questionnaires to hypertension sufferers through counseling activities.

Keywords: stress level, incidence of hypertension, relationship between stress level and incidence of hypertension