HUBUNGAN TINGKAT STRESS TERHADAP HIPERTENSI PADA LANSIA di DUSUN 3 DESA CINISTI KECAMATAN BAYONGBONG KABUPATEN GARUT

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ABSTRAK

Latar Belakang: Stres menghasilkan berbagai respon diantaranya respon fisiologis, kognitif, emosi, dan tingkah laku. Saat stres, hormon *adrenalin* akan meningkatkan tekanan darah melalui kontraksi arteri (*vasokontriksi*) dan peningkatan denyut jantung.

Tujuan: Untuk mengetahui hubungan antara tingkat stres dengan kejadian hipertensi pada lansia di Dusun 3 Desa Cinisti Kecamatan Bayongbong Kabupaten Garut

Metode: Penelitian ini menggunakan desain korelasi dengan pendekatan *Cross Sectional*. Populasi penelitian ini adalah seluruh lansia hipertensi sejumlah 32 orang. Sampel sebanyak 32 orang ditentukan dengan *total sampling*. Instrumen penelitian menggunakan kuesioner DASS, stetoskop serta lembar observasi. Data kemudian dianalisa menggunakan uji *sperman rank*

Hasil: Hasil analisa uji *spearrman rank* didapatkan nilai koefisien korelasi sebesar 0,723 dan nilai *P value* =0,000 < 0,05 yang artinya ada hubungan antara tingkat stres dengan kejadian hipertensi pada lansia di Dusun 3 Desa Cinisti Kecamatan Bayongbong Kabupaten Garut.

Kesimpulan: Berdasarkan hasil penelitian tersebut diharapkan lansia dapat meningkatkan pengetahuan tentang pencegahan stres. Puskesmas Bayongbong juga diharap untuk meningkatkan pelayanan bagi masyarakat khususnya lansia dengan hipertensi. Dengan demikian stres yang dapat memicu terjadinya hipertensi pada lansia dapat dihindari.

Kata Kunci: Stres, Hipertensi dan Lansia

THE RELATIONSHIP OF STRESS LEVEL TO HYPERTENSION FOR THE ELDERLY IN DUSUN 3 CINISTI VILLAGE BAYONGBONG DISTRICT GARUT DISTRICT

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ABSTRACT

Background: *Stress produces various responses including physiological, cognitive, emotional and behavioral responses. When stressed, the hormone adrenaline will increase blood pressure through contraction of the arteries (vasoconstriction) and an increase in heart rate.*
Objective: To determine the relationship between stress levels and the incidence of hypertension in the elderly in Hamlet 3, Cinisti Village, Bayongbong District, Garut Regency
Method: *This research uses a correlation design with a cross sectional approach. The population of this study was all 32 hypertensive elderly people. A sample of 32 people was determined by total sampling. The research instrument used the DASS questionnaire, stethoscope and observation sheet. The data was then analyzed using the sperman rank test*
Results: *The results of the Spearman Rank test analysis showed that the correlation coefficient was 0.723 and the P value = 0.000 < 0.05, which means there is a relationship between stress levels and the incidence of hypertension in the elderly in Hamlet 3, Cinisti Village, Bayongbong District, Garut Regency.*
Conclusion: *Based on the results of this research, it is hoped that elderly people can increase their knowledge about stress prevention. Bayongbong Health Center is also expected to improve services for the community, especially the elderly with hypertension. In this way, stress which can trigger hypertension in the elderly can be avoided.*

Keywords: Stress, Hypertension and the Elderly