

## HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT STRES PADA PENDERITA HIPERTENSI DI PUSKESMAS GAMPING I

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### INTISARI

**Latar Belakang :** Hipertensi menjadi salah satu penyebab utama kematian di seluruh dunia. Hipertensi dapat dikelola melalui penatalaksanaan farmakologis serta non farmakologis termasuk aktivitas fisik yang rutin serta pengelolaan stres. Aktivitas fisik dan tingkat stres sangat berperan dalam menjadi faktor risiko terjadinya hipertensi.

**Tujuan Penelitian :** Untuk mengetahui hubungan aktivitas fisik dengan tingkat stres pada penderita hipertensi di Puskesmas Gamping I

**Metode Penelitian :** Penelitian ini menggunakan desain penelitian *korelasional* dengan pendekatan *cross sectional*. Sampel penelitian terdiri dari 51 responden yang dipilih dengan teknik *purposive sampling*. Instrumen yang digunakan yaitu kuesioner karakteristik demografi, kuesioner *Global Physical Activity Questionnaire* (GPAQ) dan kuesioner *Perceived Stress Scale* (PSS) Analisis dalam penelitian ini adalah statistik deskriptif dan uji *Somers' d*.

**Hasil :** Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara aktivitas fisik dengan tingkat stres pada penderita hipertensi di Puskesmas Gamping I ( $p = 0,007$  ;  $r = 0,303$ ).

**Kesimpulan :** dengan melihat semakin beratnya aktivitas fisik menyebabkan semakin meningkatnya stres, sebaiknya penderita hipertensi melakukan aktivitas fisik yang teratur sehingga dapat menurunkan tekanan darah serta tingkat stres yang dialami akan menurun.

**Kata Kunci :** Hipertensi, Aktivitas Fisik, Tingkat Stres

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# THE CORRELATION BETWEEN PHYSICAL ACTIVITY AND STRESS LEVELS IN HYPERTENSION PATIENTS AT PUSKESMAS GAMPING I

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## ABSTRACT

**Background:** Hypertension is one of the leading causes of death worldwide. Hypertension can be managed through pharmacological and non-pharmacological management including regular physical activity and stress management. Physical activity and stress levels play a major role in being the risk factors for hypertension.

**Research purpose:** To determine the correlation between physical activity and stress levels in hypertension patients at the Puskesmas Gamping I.

**Research methods:** This research uses a correlational research design with a cross-sectional approach. The research sample consisted of 51 respondents selected by purposive sampling technique. The instruments used were demographic characteristics questionnaire, Global Physical Activity Questionnaire (GPAQ) questionnaire and Perceived Stress Scale (PSS) questionnaire. The analysis in this research was descriptive statistics and through Somers'd test.

**Results:** The results of the research showed that there was a significant correlation between physical activity and stress levels in hypertension patients at the Puskesmas Gamping I ( $p = 0.007$ ;  $r = 0.303$ ).

**Conclusion:** Considering that increasingly heavy physical activity causes increasing stress, hypertension patients should do regular physical activity so that they can lower their blood pressure. Furthermore, the level of stress they experience will decrease.

**Keywords:** Hypertension, Physical Activity, Stress Level

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