

**ABSTRAK****FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU PENDERITA HIPERTENSI DALAM PENGONTROLAN TEKANAN DARAH DI RUANG AMARILIS RSUD KARSA HUSADA BATU**

Oleh:

Irfan Lutfi Rizal, Suci Anggraeni  
Institut Ilmu Kesehatan Strada Indonesia  
[irfanlutfi209@gmail.com](mailto:irfanlutfi209@gmail.com)

Hipertensi tidak terkontrol dapat menyebabkan gangguan pada berbagai organ. Kondisi tekanan darah tinggi yang terus-menerus akan menyebabkan jantung bekerja lebih keras. Tujuan penelitian ini untuk menganalisis hubungan persepsi dan tingkat stres dengan perilaku penderita hipertensi dalam pengontrolan tekanan darah di Ruang Amarilis RSUD Karsa Husada Batu. Desain penelitian ini adalah penelitian kuantitatif observasional dengan pendekatan *cross sectional* dengan fokus penelitiannya diarahkan untuk akan menganalisis hubungan persepsi dan tingkat stres dengan perilaku penderita hipertensi dalam pengontrolan tekanan darah di Ruang Amarilis RSUD Karsa Husada Batu. Jumlah populasi 75 responden dan sampel 63 responden yang diambil dengan teknik *Consektif Sampling*. Variabel independent ialah persepsi dan tingkat stres, variabel dependent ialah perilaku. Hasil temuan didapatkan bahwa hampir separuh responden memiliki persepsi kategori cukup sebanyak 31 responden (49,2%). Hampir separuh responden memiliki tingkat stres kategori rendah sebanyak 27 responden (42,9%). Hampir separuh responden memiliki perilaku dalam kategori cukup sebanyak 49,2 responden (55,56%). Berdasarkan hasil analisis *Regresi Linear Berganda* menunjukkan bahwa dengan nilai *p-value*  $0,000 < 0,05$  maka  $H_1$  diterima jadi disimpulkan bahwa secara simultan ada hubungan persepsi dan tingkat stress dengan perilaku penderita hipertensi dalam pengontrolan tekanan darah di Ruang Amarilis RSUD Karsa Husada Batu dengan besaran pengaruh 85,7%. Diharapkan pasien hipertensi dapat menjaga pola hidup sehat dengan teratur olah raga setiap 2-3 kali seminggu, mengkonsumsi makanan-makanan berserat seperti buah dan sayur sekaligus mengurangi konsumsi makanan cepat saji dan tinggi natrium, selain itu juga harus bisa menjaga pola istirahat tidur dengan baik agar bisa mengontrol tekanan darah dalam batas normal.

**Kata Kunci** : Persepsi, Tingkat Stress, Perilaku & Pasien Hipertensi

**ABSTRACT****FACTORS RELATED TO THE BEHAVIOR OF HYPERTENSION PATIENTS IN CONTROLLING BLOOD PRESSURE IN THE AMARILLIS ROOM KARSA HUSADA BATU HOSPITAL**

By:

Irfan Lutfi Rizal, Suci Anggraeni  
Indonesian Strada Institute of Health Sciences  
[infanlutfirizal@gmail.com](mailto:infanlutfirizal@gmail.com)

*Uncontrolled hypertension can cause disturbances in various organs. Continuously high blood pressure conditions will cause the heart to work harder. The purpose of this study was to analyze the relationship between perception and stress levels with the behavior of hypertensive patients in controlling blood pressure in the Amaryllis Room at Karsa Husada Hospital Batu. The design of this study was a quantitative observational study with a cross-sectional approach with a research focus aimed at analyzing the relationship between perception and stress levels with the behavior of hypertension sufferers in controlling blood pressure in the Amaryllis Room at Karsa Husada Hospital Batu. Total population of 75 respondents and a sample of 63 respondents were taken by Consekutif Sampling technique. The independent variable is perception and stress level, the dependent variable is behavior. The findings found that almost half of the respondents had a sufficient category perception of 31 respondents (49.2%). Nearly half of the respondents had a low level of stress, as many as 27 respondents (42.9%). Nearly half of the respondents had sufficient behavior in the category of 49.2 respondents (55.56%). Based on the results of Multiple Linear Regression analysis, it shows that with a p-value of  $0.000 < 0.05$ ,  $H_1$  is accepted, so it can be concluded that simultaneously there is a relationship between perception and stress level with the behavior of hypertension sufferers in controlling blood pressure in the Amaryllis Room at Karsa Husada Hospital Batu, with the magnitude of the influence 85.7%. It is expected that hypertension patients can maintain a healthy lifestyle by exercising regularly 2-3 times a week, consuming fibrous foods such as fruits and vegetables while reducing consumption of fast food and high sodium, besides that they also have to be able to maintain a good sleep rest pattern so that can control blood pressure within normal limits.*

**Keyword : Perception, Stress Level, Behavior & Hypertension Patients**