

ABSTRACT

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Relationship Stress Level And Family History With Hypertension Incidence In Inpatient Internal Medicine. RK. Charitas Palembang

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Key words: stress level, family history and hypertension occurrence
(xvi + 67 Page + 11 Table + 2 Chart + 10 Attachments)

Background : Hypertension is one of the deadly diseases of many people whose numbers continue to increase in each year. When the blood pressure is above the normal limit, it is said to be hypertension. Hypertension can be caused by several factors such as stress level and family history. In Indonesia, at the age of 18 years the prevalence of hypertension reaches 31.7%.

Aim : The purpose of this study to determine the relationship between stress levels and family history with the incidence of hypertension in hospitalization of disease in the hospital. RK. Charitas Palembang in 2017.

Method : This research is an analytic survey with cross sectionaal design. The samples used were 30 patients of hypertension taken with saturated sampling method. Study time from 04-10 May 2017. Bivariate analysis using spearman test.

Result : The result of univariate analysis showed that respondent had stress frequency (93,3%) 28 respondents with family history (43,3%) 13 respondents and hypertension (76,7%) 23 respondents. The result of bivariate analysis of correlation test of probability value (Sig) is 0,007 <0,05 which means there is correlation between stress level with hypertension incidence, with correlation coefficient 0,484 which means have strong keeratan and positive correlation coefficient meaning higher stress level hence higher Incidence of hypertension. While the family history there is no significant relationship with the incidence of hypertension is the probability value (Sig) of 0.385 > 0.05 with a correlation coefficient of 0.164 which means to have a very weak keeratan.

Suggestion: To the respondent to be able to control stress with relaxation techniques or stress management, the nurse is expected to provide intervention on techniques that can reduce stress in hypertensive patients.

References: (2011-2017)