

ABSTRACT

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Relationship of Blood Pressure with Headache of Hypertension Patient
In RS.RK. Charitas Palembang

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(Xvi + 56 pages + 10 tables + 5 images + 12 attachments)

Background: Headache often occurs in patients with hypertension, from headache with mild intensity to headache with severe intensity. Hypertension also has other signs and symptoms such as body fatigue, rapid heartbeat, shortness of breath, blurred vision due to retinal damage, unstable footwork due to damage to the central nervous system and nocturia due to increased renal blood flow and glomerolus filter.

Objective: This study aims to determine the relationship of blood pressure with headache, especially in hypertensive patients in RS. RK. Charitas Palembang.

Method: This research use analytical survey method with cross sectional design. The sample technique used is the total sampling with the number of samples of 58 respondents.

Result: Based on the highest level of hypertension experienced by severe hypertension with the amount of 33 (56.7%) and the most headache is mild headache with the amount of 38 (65.5%). Data analysis with Kendall's Tau statistical test showed that p value = 0,03 showed $\alpha < 0.05$ meaning that there was a significant correlation between blood pressure and headache in hypertension patient in hospital. RK. Charitas Palembang with the correlation coefficient is 0.239 * which means weak correlation and positive direction

Suggestion: Hypertension prevention can be done by changing lifestyle, avoid the consumption of foods that contain high fat, stop smoking, regular exercise, and weight control so as not to arise. For people with hypertension Progressive Muscle Relaxation to help reduce body tension to relax and the pressure will be stable again.

References: 34 (2005-2017)