

ABSTRAK

Di Kota Bandung prevalensi hipertensi sebanyak 220.389 (8.6%) dari jumlah penduduk 1.776.454. Salah satu faktor risiko yang dapat mempengaruhi kejadian hipertensi adalah tingkat stres, yaitu melalui aktivasi sistem saraf simpatis yang mengakibatkan naiknya tekanan darah secara intermiten. Untuk mengetahui hubungan tingkat stres dengan hipertensi melalui studi *literature review*. Menggunakan *literature review* dengan pendekatan *systematic literature review*, data diperoleh dari google scholar, dan *PubMed*. Populasi sebanyak 1364 jurnal, dan sampel penelitian sebanyak 6 jurnal. Analisa data menggunakan teknik boolean dengan keyword bahasa indonesia “Stres” dan “Hipertensi” dan internasional “*Stress*” and “*Hypertension*” instrumen *literature* dengan JBI *Crossectional*, penyajian data dengan *Critical Appraisal*. Berdasarkan 6 jurnal diperoleh sebanyak 5 jurnal dengan hasil penelitian nilai $p < 0.05$ yang berarti ada hubungan antara tingkat stres dengan kejadian hipertensi yaitu hasil penelitian oleh Fanny, dkk (2020), ASfri, dkk (2019), Prisilia, dkk (2016), Saleh, dkk (2014), Annas (2017), dan 1 jurnal dengan hasil penelitian nilai $p (1.000) > 0.05$ oleh Sariaman (2018), yang berarti tidak ada hubungan antara tingkat stres dengan kejadian hipertensi. Stres yang dialami seseorang dapat menjadikan seseorang mengalami hipertensi, terlebih jika stres yang dialaminya secara berkepanjangan atau dalam kurun waktu yang agak lama, disarankan agar klien menghindari atau mengurangi stres pada dirinya agar tidak terjadi peningkatan hipertensi terutama pada klien yang sudah memiliki riwayat hipertensi.

Kata Kunci : Stres, Hipertensi

Kepustakaan : 24 Buku (2010 – 2018)

8 Web site (2012-2019)

18 Jurnal (2010 -2019)

ABSTRACT

In Bandung, the prevalence of hypertension is 220,389 (8.6%) of the total population of 1,776,454. One of the risk factors that can affect the incidence of hypertension is the level of stress, namely through activation of the sympathetic nervous system which results in an intermittent increase in blood pressure. To determine the relationship between stress levels and hypertension through a literature review study. Using literature review with a systematic literature review approach, data were obtained from Google Scholar, and PubMed. The population is 1364 journals, and the research sample is 6 journals. Data analysis used Boolean techniques with Indonesian keywords "Stress" and "Hypertension" and international "Stress" and "Hypertension" literary instruments with JBI Crossectional, data presentation with Critical Appraisal. Based on 6 journals, 5 journals were obtained with a p value of <0.05 , which means that there is a relationship between stress levels and the incidence of hypertension, namely the results of research by Fanny, et al (2020), ASfri, et al (2019), Prisilia, et al (2016), Saleh, et al (2014), Annas (2017), and 1 journals with research results of p value $(1,000) > 0.05$ by Sariaman (2018), which means there is no relationship between stress levels and the incidence of hypertension. The stress experienced by a person can make a person experience hypertension, especially if the stress they experience is prolonged or in a long period of time, it is recommended that clients avoid or reduce stress on themselves so that there is no increase in hypertension, especially in clients who already have a history of hypertension.

Keywords : Stress, Hypertension

Bibliography : 24 Books (2010 - 2018)

8 Web sites (2012-2019)

18 Journals (2010-2019)