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***FACTOR ANALYSIS OF HYPERTENSION DEGREE AS AN EFFORT TO
PREVENT OF HYPERTENSIVE CRISIS IN HYPERTENSIVE PATIENTS***

ABSTRACT

Continuous hypertension causes a hypertensive crisis which results in complications and death. Based on the preliminary study, it was found that there was a high number of hypertensive patients who experienced an increase in blood pressure at ANNA Medika Madura General Hospital. The purpose of the study is to analyze the relationship between emotional intelligence, physical activity, and stress levels with the degree of hypertension.

This research method used correlation analytics with cross sectional. The independent variables were emotional intelligence, physical activity, and stress level while the dependent variable was the degree of hypertension. The population was 70 hypertensive patients with a sample of 60 respondents. The sampling technique used purposive sampling. The instruments used were the TEIQue - SF questionnaire, IPAQ-SF, DASS-21 and sphygmomanometer and stethoscope. The statistical tests using the sperman rank correlation test with α 0.05.

The results of the spearman rank test of emotional intelligence variables with the degree of hypertension obtained a p value of $0.019 < \alpha$ 0.05. The variable of physical activity with the degree of hypertension obtained a p value of $0.272 > \alpha$ 0.05. Stress level variable with hypertension degree in the p value of $0.038 < \alpha$ 0.05. The conclusion of this study that there was a relationship between family support and stress level with the degree of hypertension. But there was no relationship between physical activity with the degree of hypertension.

The researchers' suggestions are expected to increase understanding of emotional intelligence, increase physical activity and reduce stress levels so that the degree of hypertension can decrease and hypertensive crisis do not occur.

Keywords : Hypertension Degree, Emotional Intelligence, Physical Activity, Stress Level