

ABSTRACT

The Relationship Between Anxiety Levels and Blood Pressure Measurement Results in Hypertensive Patients Undergoing Drug Therapy in the Prolanis Area of UPT Puskesmas Sooko

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Anticipatory anxiety prior to blood pressure examination is suspected to be one of the psychological factors influencing measurement results through the mechanism of White Coat Hypertension (WCH), which may hinder the achievement of therapeutic targets even when patients adhere to their medication. This study aimed to determine the relationship between anxiety levels and blood pressure measurement results in hypertensive patients undergoing drug therapy in the Prolanis program area of UPT Puskesmas Sooko. This was a quantitative, descriptive correlational study using a cross-sectional approach. The population included all active Prolanis participants at UPT Puskesmas Sooko, with a sample of 60 respondents selected through total sampling. The independent variable, anxiety level, was measured using the SHAI-18 instrument, while the dependent variable, blood pressure category, was assessed based on the AHA classification. Data were analyzed using the Spearman correlation test with a significance level of $p < 0.05$. The results showed that the majority of respondents experienced mild anxiety (31 people, 51.7%) and moderate anxiety (29 respondents, 48.3%). Blood pressure was predominantly at Stage 2 (32 people, 53.3%), followed by Elevated (15 respondents, 25.0%), Normal (8 respondents, 13.3%), and Stage 1 (5 respondents, 8.3%). The Spearman test showed a strong positive correlation between anxiety level and blood pressure measurement results ($r = 0.759$, $p = 0.000$, $p < 0.05$). These findings highlight the importance of addressing psychological aspects, particularly anticipatory anxiety, in Prolanis services to achieve more optimal blood pressure measurement outcomes.

Keywords: *Anticipatory Anxiety, Blood Pressure, Drug Therapy, Hypertension*

ABSTRAK

HUBUNGAN TINGKAT KECEMASAN DENGAN HASIL PENGUKURAN TEKANAN DARAH PADA PENDERITA HIPERTENSI YANG MENJALANI TERAPI OBAT

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Kecemasan antisipatif (anticipatory anxiety) menjelang pemeriksaan tekanan darah diduga menjadi salah satu unsur psikologis yang memengaruhi hasil pengukuran melalui mekanisme White Coat Hypertension (WCH), sehingga berpotensi menghambat tercapainya target terapi meski pasien patuh mengonsumsi obat. Penelitian ini bertujuan menganalisis hubungan antara tingkat kecemasan dengan hasil pengukuran tekanan darah pada penderita hipertensi yang menjalani terapi obat di wilayah Prolanis UPT Puskesmas Sooko. Rancangan penelitian bersifat kuantitatif, deskriptif korelasional, dengan pendekatan cross-sectional. Populasi mencakup peserta aktif Prolanis di wilayah UPT Puskesmas Sooko, dengan sampel 60 responden yang ditentukan melalui total sampling. Variabel independen berupa tingkat kecemasan diukur menggunakan instrumen SHAI-18, Variabel dependen berupa kategori tekanan darah dinilai berdasarkan klasifikasi AHA. Data dianalisis menggunakan uji korelasi Spearman dengan taraf signifikansi $p < 0,05$. Hasil penelitian menunjukkan sebagian besar responden mengalami kecemasan ringan sebanyak 31 orang (51,7%) dan kecemasan sedang 29 responden (48,3%). Tekanan darah mayoritas berada pada kategori Stage 2 sebanyak 32 orang (53,3%), diikuti Elevated 15 responden (25,0%), Normal 8 responden (13,3%), dan Stage 1 sebanyak 5 responden (8,3%). Uji Spearman menunjukkan terdapat hubungan positif yang kuat antara tingkat kecemasan dan hasil pengukuran tekanan darah ($r = 0,759$, $p < 0,05$). Hasil penelitian menunjukkan pentingnya memperhatikan aspek psikologis, khususnya kecemasan antisipatif, dalam pelayanan Prolanis agar hasil pengukuran tekanan darah lebih optimal.

Kata Kunci: Tingkat kecemasan, Hipertensi, Tekanan Darah, Terapi Obat