ABSTRAK

HUBUNGAN TINGKAT STRES KERJA DENGAN NILAI TEKANAN DARAH PADA PERAWAT MILENIAL

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Perawat milenial memiliki peran penting dalam memberikan pelayanan keperawatan yang aman, bermutu, dan berkesinambungan kepada pasien di rumah sakit. Tingginya beban kerja, sistem kerja *shift*, serta tanggung jawab pelayanan menyebabkan perawat rentan mengalami stres kerja. Apabila stres kerja berlangsung secara terus-menerus, kondisi tersebut dapat memengaruhi respons fisiologis tubuh, salah satunya berupa peningkatan tekanan darah yang berpotensi berdampak pada kesehatan perawat maupun mutu pelayanan keperawatan. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres kerja dengan nilai kategori tekanan darah pada perawat milenial di RSI Sakinah Mojokerto.Penelitian kuantitatif analitik korelasional dengan pendekatan *cross-sectional* ini melibatkan sampel sebanyak 60 perawat milenial yang dipilih menggunakan teknik *purposive sampling*. Tingkat stres kerja diukur menggunakan kuesioner *Depression Anxiety Stress Scale* (DASS-42), sedangkan kategori tekanan darah diperoleh melalui pengukuran menggunakan sfigmomanometer sesuai prosedur standar. Analisis data dilakukan menggunakan uji korelasi *Spearman Rank* dengan tingkat signifikansi \alpha = 0,05.Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami stres kerja kategori sedang yaitu sebanyak 21 perawat (35,0%) dan hampir setengahnya memiliki kategori tekanan darah prehipertensi yaitu sebanyak 27 perawat (45,0%). Hasil uji *Spearman Rank* menghasilkan nilai p-value = 0,000 (< 0,05) dengan koefisien korelasi r = 0,928. Penelitian ini menyimpulkan terdapat hubungan yang signifikan, sangat kuat, dan searah antara tingkat stres kerja dengan nilai kategori tekanan darah pada perawat milenial. Diharapkan pihak rumah sakit melakukan pemantauan tingkat stres kerja secara berkala, evaluasi beban kerja dan sistem kerja *shift*, serta menyelenggarakan program manajemen stres sebagai upaya preventif.

Kata kunci: Perawat Milenial, Stres Kerja, Tekanan Darah

ABSTRACT

The Relationship Between Work Stress Levels and Blood Pressure *Value*s Among Millennial Nurses

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Millennial nurses played an important role in providing safe, high-quality, and continuous nursing care in hospitals. However, high workloads, shift work, and clinical responsibilities made them more susceptible to work-related stress, which could affect physiological responses, including increased blood pressure. This study aimed to determine the relationship between work stress levels and blood pressure categories among millennial nurses at Sakinah Islamic Hospital Mojokerto. This study used a quantitative correlational analytic design with a cross-sectional approach. The sample consisted of 60 millennial nurses who were selected using a *non-probability sampling* technique with a *purposive* sampling method. Work stress levels were measured using the *Depression Anxiety Stress Scale* (DASS-42) questionnaire, while blood pressure categories were obtained through blood pressure measurements using a sphygmomanometer following standard procedures. Data were analyzed using the *Spearman Rank* correlation test with a significance level of $\alpha = 0.05$. The results showed that nearly half of the respondents (35.0%) experienced moderate work stress, and nearly half (45.0%) had prehypertension. The *Spearman Rank* test revealed a *p-value* of 0.000 ($p < 0.05$) with a correlation coefficient of 0.832, indicating a statistically significant, very strong, and positive relationship between work stress levels and blood pressure categories among millennial nurses. The findings suggested that higher work stress levels were associated with a greater tendency toward increased blood pressure categories. In conclusion, work stress levels were significantly associated with blood pressure categories among millennial nurses at Sakinah Islamic Hospital Mojokerto. Therefore, hospitals were expected to conduct regular monitoring of work stress, evaluate workload distribution and shift systems, and develop stress management programs to promote nurses' health and maintain the quality of nursing care.

Keywords: Blood Pressure, Millennial Nurses, Work Stress