

## INTISARI

**Latar Belakang:** Stres yang tetap berlangsung pada penderita hipertensi dapat meningkatkan risiko komplikasi serangan jantung dan stroke yang dapat berakibat fatal. Terdapat perbedaan karakteristik di wilayah perdesaan dan perkotaan yang mungkin dapat mempengaruhi stres. Namun, saat ini penelitian yang menggambarkan tingkat stres di perdesaan dan perkotaan di Indonesia masih terbatas.

**Tujuan Penelitian:** Untuk mengetahui gambaran tingkat stres pada penderita hipertensi di perdesaan dan perkotaan.

**Metode:** Penelitian deskriptif kuantitatif dengan rancangan *cross sectional*. Penelitian dilakukan pada pasien dengan penyakit hipertensi berdasarkan diagnosa dokter Puskesmas Cangkringan dan Gondokusuman 1, Yogyakarta. Pengambilan sampel menggunakan teknik *consecutive sampling*. Jumlah responden di perdesaan 81 orang dan di perkotaan 74 orang. Data diambil menggunakan kuesioner *Depression, Anxiety, Stress Scale 42 (DASS 42)*. Penelitian ini menggunakan analisis data secara univariat.

**Hasil:** Mayoritas responden hipertensi di perdesaan dan perkotaan mengalami stres normal dengan masing-masing berjumlah 80 orang (98,8%) dan 71 orang (95,9%). Terdapat responden hipertensi di wilayah perdesaan yang mengalami stres ringan (1 orang), sedangkan di wilayah perkotaan terdapat responden hipertensi yang mengalami stres ringan (1 orang) dan stres sedang (2 orang).

**Kesimpulan:** Sebagian besar penderita hipertensi di perdesaan dan perkotaan mengalami stres normal. Penderita hipertensi di wilayah perdesaan ada yang mengalami stres ringan, sedangkan di wilayah perkotaan ada yang mengalami stres ringan dan sedang.

**Kata Kunci:** tingkat stres, hipertensi, perdesaan, perkotaan

## ABSTRACT

**Background:** Stress on hypertension patients may increase the risk of complication of heart attack and stroke which may cause fatality. Different characteristics of urban and rural area may result in different stressor among residents. However, up to now limited study reveal the differences in stress level among people in rural and urban area.

**Research Objectives:** To identify the description of stress level on hypertension patients in rural and urban areas.

**Method:** Descriptive quantitative with cross sectional design research. The research was conducted on hypertension patients based on diagnosis by physicians at the Cangkringan and Gondokusuman 1 Community Health Center, Yogyakarta. Sampling was conducted by on a consecutive sampling basis. The number of respondents in rural areas was 81 persons and in the urban areas 74 persons. Data were taken using questionnaire on Depression, Anxiety, Stress Scale 42 (DASS 42). The research applied univariate data analysis.

**Outcome:** Majority of the hypertension respondents in rural and urban areas suffered normal stress each 80 persons (98,8%) and 71 persons (95,9%). There were the hypertension respondent in rural areas who suffered mild stress (1 person), whereas in urban areas there were hypertension respondents who suffered mild stress (1 person) and moderate stress (2 persons).

**Conclusions:** Most hypertension patients in rural and urban areas suffered normal stress. There were hypertension patient in rural areas who suffered mild stress, whereas in urban areas there were hypertension patients who suffered mild and moderate stress.

**Keywords:** stress level, hypertension, rural, urban areas