

ABSTRACT

Background: Stroke is a disease that causes many deaths and disabilities in adults around the world. Riskesdas 2013 shows the prevalence of stroke in Indonesia is 12.1 per mile. Daerah Istimewa Yogyakarta has the second rank province of stroke disease. Stroke that is often found is acute ischemic stroke. Hypertension is one of the factors that influence clinical outcome in acute ischemic stroke patients. In acute ischemic stroke, there is an increase in blood pressure. High blood pressure in the acute phase is one of the factors that indicates a poor prognosis. Chronic stress and psychological factors have an effect on increasing hypertension. Spirituality is associated with a specific pattern of lowering blood pressure.

Objective: This study aims to determine the relationship between spirituality and blood pressure in patients with acute ischemic stroke at onset at dr. Sardjito.

Method: This study used data on acute ischemic stroke patients who were treated in the Stroke Unit, RSUP Dr. Sardjito from October 2019 to April 2020. This study used an analytic observational research design with a cross sectional method. The level of spirituality was measured using the SIBS questionnaire. Blood pressure was measured at the first patient entered RSUP. Dr. Sardjito. Analyzes were performed using the Chi-Square, Fisher Exact, and Spearman tests.

Result: A total of 20 research subjects were obtained based on inclusion and exclusion criteria. Some subjects have an age range > 60 years with a percentage of 60%. The percentage of men and women is the same, namely 50%. None of the subjects had normal blood pressure. As many as 65% of the subjects were in the category II hypertension, followed by 20% in the hypertension I category, and 15% in the prehypertension category. As many as 70% of the subjects had a high level of spirituality, 25% were moderate, and 5% were very high. Subject characteristics including age, sex, smoking history, dyslipidemia, and diabetes mellitus had no significant association with systolic or diastolic blood pressure ($p > 0.05$). Chi-Square / Fisher Exact test analysis showed that the level of spirituality had a significant relationship with diastolic pressure ($p = 0.041$), but did not have a significant relationship with the systolic pressure of patients with acute ischemic stroke at onset ($p = 0.654$). Analysis of the Spearman correlation test shows that there is a very weak relationship between spirituality level and blood pressure. The higher the level of spirituality, the lower the systolic and diastolic blood pressure.

Conclusion: There is a relationship between the level of spirituality and diastolic blood pressure in acute ischemic stroke patients. There is a very weak relationship which indicates that the higher the level of spirituality, the lower the blood pressure has a very weak relationship.

Keyword: *spirituality, blood pressure, acute ischemic stroke*

INTISARI

Latar Belakang: Stroke adalah penyakit yang banyak menyebabkan kematian dan kecacatan pada orang dewasa di seluruh dunia. Riskesdas 2013 menunjukkan prevalensi stroke di Indonesia adalah 12,1 per mil. Provinsi DIY memiliki peringkat kedua penyakit stroke. Stroke yang sering ditemukan adalah stroke iskemik akut. Hipertensi merupakan salah satu faktor yang memengaruhi luaran klinis pada pasien stroke iskemik akut. Pada stroke iskemik akut, terdapat peningkatan tekanan darah. Tekanan darah yang tinggi pada fase akut merupakan salah satu faktor yang mengindikasikan prognosis buruk. Stres kronis dan faktor psikologis memiliki efek peningkatan terjadinya hipertensi. Spiritualitas berhubungan dengan pola yang spesifik terhadap penurunan tekanan darah.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan spiritualitas dengan tekanan darah pada pasien stroke iskemik akut saat onset di RSUP dr. Sardjito.

Metode: Penelitian ini menggunakan data pasien stroke iskemik akut yang dirawat Unit Stroke RSUP Dr. Sardjito pada bulan Oktober 2019 s.d April 2020. Penelitian ini menggunakan desain penelitian observasional analitik dengan metode *cross sectional*. Tingkat spiritualitas diukur dengan kuisioner SIBS. Tekanan darah diukur saat pertama kali pengukuran tekanan darah di RSUP. Dr. Sardjito. Analisis dilakukan dengan menggunakan uji *Chi-Square*, *Fisher Exact*, dan *Spearman*.

Hasil: Sebanyak 20 subjek penelitian telah diperoleh berdasarkan kriteria inklusi dan eksklusi. Sebagian subjek memiliki rentang usia >60 tahun dengan presentase 60%. Presentase antara laki-laki dan perempuan sama yaitu 50%. Tidak ada subjek yang memiliki tekanan darah normal. Sebanyak 65% subjek masuk dalam kategori hipertensi II, diikuti 20% kategori hipertensi I, dan 15% kategori prehipertensi. Sebanyak 70% subjek memiliki tingkat spiritualitas tinggi, 25% sedang, dan 5% sangat tinggi. Karakteristik subjek meliputi usia, jenis kelamin, riwayat merokok, dislipidemia, dan diabetes mellitus tidak memiliki hubungan yang signifikan dengan tekanan darah sistolik maupun diastolik ($p > 0,05$). Analisis uji *Chi-Square/Fisher Exact* menunjukkan bahwa tingkat spiritualitas memiliki hubungan yang bermakna dengan tekanan diastolik ($p = 0,041$), namun tidak memiliki hubungan yang bermakna dengan tekanan sistolik pasien stroke iskemik akut saat onset ($p = 0,654$). Analisis uji korelasi *Spearman* menunjukkan terdapat hubungan yang sangat lemah antara tingkat spiritualitas dengan tekanan darah. Semakin tinggi tingkat spiritualitas semakin rendah tekanan darah sistolik maupun diastolik.

Kesimpulan: Terdapat hubungan antara tingkat spiritualitas dengan tekanan darah diastolik pada pasien stroke iskemik akut. Terdapat hubungan sangat lemah yang menunjukkan bahwa semakin tinggi tingkat spiritualitas, semakin rendah tekanan darah memiliki hubungan yang sangat lemah.

Kata Kunci: *spiritualitas, tekanan darah, stroke iskemik akut*