

**PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU**

Skripsi, Februari 2022

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**Hubungan Aktivitas Fisik dengan Derajat Hipertensi di Masa Pandemi di
Puskesmas Payung Sekaki Pekanbaru**

Xii + 54 Halaman + 13 Tabel + 7 Lampiran

ABSTRAK

Hipertensi merupakan penyakit tidak menular yang menjadi salah satu penyebab utama kematian di dunia. Salah satu faktor penyebab terjadinya hipertensi adalah kurangnya aktivitas fisik. Berkurangnya aktivitas fisik disebabkan oleh perubahan pola hidup seperti mengurangi aktivitas di luar ruangan pada masa pandemi. Masa pandemi menyebabkan menurunnya tingkat aktivitas seseorang. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dengan derajat hipertensi di masa pandemi di Puskesmas Payung Sekaki. Penelitian ini merupakan penelitian kuantitatif dengan metode *cross sectional*. Sampel penelitian berjumlah 40 responden dengan teknik *purposive sampling*. Instrumen penelitian menggunakan lembar observasi derajat hipertensi dan kuesioner aktivitas fisik. Teknik analisis bivariat menggunakan uji *chi square*. Hasil penelitian menunjukkan terdapat 14 (35%) responden beraktivitas rendah, 2 diantaranya (14,4%) mengalami hipertensi derajat 1 dan masing-masing 6 responden (42,5%) mengalami hipertensi derajat 2 dan 3. Sebanyak 18 (45%) responden yang beraktivitas sedang, 9 diantaranya (50%) mengalami hipertensi derajat 1, sebanyak 8 responden (44,4%) mengalami hipertensi derajat 2, dan 1 responden (5,6%) mengalami derajat hipertensi derajat 3. Dari total 8 responden (20%) yang beraktivitas fisik tinggi, sebanyak 6 responden (75%) mengalami hipertensi derajat 1 dan masing-masing 1 responden (12,5%) mengalami hipertensi derajat 2 dan 3. Berdasarkan uji statistik *chi square* diketahui terdapat hubungan yang signifikan antara aktivitas fisik dengan derajat hipertensi ($p \text{ value } 0,01 < \alpha 0,05$). Penelitian ini merekomendasikan agar puskesmas dapat melakukan pendidikan kesehatan tentang upaya pengendalian tekanan darah pada penderita hipertensi melalui aktifitas fisik yang teratur.

Kata Kunci : Aktivitas Fisik, Hipertensi , Pandemi Covid-19
Daftar Bacaan : 55 (2009-2021)

**NURSING PROGRAM STUDY
STIKES PAYUNG NEGERI PEKANBARU**

Research, February 2022

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**Relationship of Physical Activity with the Degree of Hypertension in the
Pandemic Period at Payung Sekaki Health Center Pekanbaru**

xii + 54 schemes + 13 tables + 7 appendixes

ABSTRACT

Hypertension is a non-communicable disease which is one of the main causes of death in the world. One of the factors that cause hypertension is a lack of physical activity. Reduced physical activity is caused by changes in lifestyle such as reducing outdoor activities during a pandemic. The pandemic period causes a decrease in a person's physical activity. This study aims to determine the relationship between physical activity and the degree of hypertension during the pandemic at Payung Sekaki Health Center. This research is a quantitative research with cross sectional method. The research sample amounted to 40 respondents with purposive sampling technique. The research instrument uses an observation sheet on the degree of hypertension and a physical activity questionnaire. Bivariate analysis technique using chi square test. The results showed that there were 14 (35%) respondents with low activity, 2 of them (14.4%) had grade 1 hypertension and each 6 respondents (42.5%) had grade 2 and 3 hypertension. A total of 18 (45%) respondents who were moderately active, 9 of them (50%) had grade 1 hypertension, 8 respondents (44.4%) had grade 2 hypertension, and 1 respondents (5.6%) had grade 3 hypertension. Of the total 8 respondents (20%) who had high physical activity, as many as 6 respondents (75%) had grade 1 hypertension and 1 respondent (12.5%) each had grade 2 and 3 hypertension. Based on the chi square statistical test, it is known that there is a significant relationship between physical activity and the degree of hypertension ($p \text{ value } 0,015 < \alpha 0,05$). This study recommends that the puskesmas can provide health education about efforts to control blood pressure in patients with hypertension through regular physical activity.

Keywords : Physical Activity, Hypertension, Covid-19 Pandemic
References : 55 (2009-2021)