

## ABSTRAK

Hubungan Stres dengan Mekanisme Koping pada Penderita Hipertensi di Wilayah Kerja Puskesmas Pandanwangi Kota Malang. Kiki Nur Ro'ismawati (2020). Skripsi. Program Studi DIV Keperawatan Malang. Jurusan Keperawatan. Politeknik Kesehatan Kemenkes Malang. Dosen Pembimbing: Dr. Dyah Widodo, S.Kp.,M.Kes, Joko Pitoyo, S.Kp.,

Hipertensi merupakan kondisi paling umum dijumpai dalam perawatan primer, kurangnya penanganan secara efektif akan menimbulkan masalah yang kompleks. Fisik dan psikis merupakan kesatuan dalam eksistensi manusia. Begitu juga tingkat stres, akan berpengaruh terhadap status kesehatan. Untuk mengatasinya diperlukan mekanisme koping adaptif. Tujuan penelitian untuk mengetahui hubungan tingkat stres dengan mekanisme koping pada penderita hipertensi. Desain penelitian korelasi, sampel 86 responden menggunakan *purposive sampling*. Instrumen penelitiannya kuesioner, data di olah menggunakan SPSS 25, dengan  $\alpha$  0.05. Hasil penelitian menunjukkan tingkat stres (27%) mengalami tingkat stres ringan, (13%) mengalami tingkat stres sedang, tingkat stres berat (0%), (60%) tidak mengalami stres. Hasil dari mekanisme koping (85%) menggunakan mekanisme koping adaptif dan (15%) menggunakan mekanisme koping maladaptif. Berdasarkan uji koefisien kontingensi C diperoleh nilai  $p=0,000 < \alpha$  (0.05), sehingga H1 diterima. Disimpulkan ada hubungan tingkat stres dengan mekanisme koping pada penderita hipertensi. Diharapkan pada penelitian selanjutnya untuk memperhatikan faktor-faktor lain yang mempengaruhi tingkat stres dan mekanisme koping.

**Kata Kunci:** Stres, mekanisme koping, hipertensi.

## ABSTRACT

The Relationship between Stress and Coping Mechanism in Patients with Hypertension in the Work Area of Pandanwangi Public Health Center Malang. Kiki Nur Ro'ismawati (2020). Thesis. Malang Nursing DIV Study Program. Nursing major. Malang Health Ministry Polytechnic. Supervisor: Dr. Dyah Widodo, S.Kp.,M.Kes, Joko Pitoyo, S.Kp.,M.Kes.

Hypertension is the most common condition found in primary care, lack of effective treatment will cause complex problems. Physical and psychological is a unity in human existence. Likewise the level of stress, will affect health status. To overcome this, adaptive coping mechanisms are needed. The purpose of this study was to determine the relationship of stress levels with coping mechanisms in patients with hypertension. Correlation research design, a sample of 86 respondents using purposive sampling. The research instrument was a questionnaire, the data were processed using SPSS 25, with  $\alpha$  0.05. The results showed stress levels (27%) experienced mild stress levels, (13%) experienced moderate stress levels, severe stress levels (0%), (60%) did not experience stress. The results of coping mechanisms (85%) use adaptive coping mechanisms and (15%) use maladaptive coping mechanisms. Based on the C contingency coefficient test, the value of  $p = 0,000 < \alpha$  (0.05) is obtained, so that H1 is accepted. It was concluded that there was a correlation between stress level and coping mechanism in hypertensive patients. It is expected that in future studies to pay attention to other factors that influence stress levels and coping mechanisms.

**Keywords:** Stress, coping mechanism, hypertension.