

HUBUNGAN TINGKAT STRES DAN AKTIVITAS FISIK DENGAN KEJADIAN HIPERTENSI PADA GURU SAAT *WORK FROM HOME* (WFH) DIMASA PANDEMI COVID-19

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Abstrak

Pandemi Covid-19 menyebabkan beberapa sektor menjalankan kegiatannya dari rumah atau disebut dengan *Work From Home* (WFH). Guru menjadi salah satu pekerja yang bekerja dari rumah. Dampak dari WFH ini menimbulkan stres sehingga dapat memicu terjadinya hipertensi. Tujuan penelitian ini adalah untuk mengetahui hubungan antara tingkat stres dan aktivitas fisik dengan kejadian hipertensi pada guru SMA saat WFH. Jenis penelitian ini adalah penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah guru di SMAN 113 Jakarta. Teknik sampling yang digunakan adalah total sampling dengan jumlah sampel sebanyak 64 responden. Analisis bivariat menggunakan uji Chi Square dengan hasil nilai p-value = 0,043 yang artinya terdapat hubungan antara tingkat stres dengan kejadian hipertensi. Hasil analisa hubungan aktivitas fisik dengan kejadian hipertensi menunjukkan p-value : 0,003 yang artinya terdapat hubungan antara aktivitas fisik dengan kejadian hipertensi. Peneliti menyarankan agar guru dapat mengelola stres nya dengan baik dengan cara bercerita, berolahraga dan melakukan relaksasi serta melakukan aktivitas fisik seperti melakukan olahraga ringan seperti jogging agar dapat mengurangi resiko hipertensi.

Kata Kunci : Aktivitas Fisik, Hipertensi, Tingkat Stres, *Work From Home*

THE RELATIONSHIP OF STRESS LEVEL AND PHYSICAL ACTIVITY WITH THE EVENT OF HYPERTENSION IN TEACHERS AT WORK FROM HOME (WFH) DURING THE COVID-19 PANDEMIC

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Abstract

The Covid-19 pandemic has caused several sectors to carry out their activities from home or known as Work From Home (WFH). The teacher is one of the workers who work from home. The impact of WFH causes stress so that it can trigger hypertension. The purpose of this study was to determine the relationship between stress levels and physical activity with the incidence of hypertension in high school teachers during WFH. This type of research is a quantitative research with a cross sectional approach. The population in this study were teachers at SMA 113 Jakarta. The sampling technique used is total sampling with a total sample of 64 respondents. Bivariate analysis using Chi Square test with p-value = 0.043, which means that there is a relationship between stress levels and the incidence of hypertension. The results of the analysis of the relationship between physical activity and the incidence of hypertension showed a p-value: 0.003, which means that there is a relationship between physical activity and the incidence of hypertension. Researchers suggest that teachers can manage their stress well by telling stories, exercising and relaxing and doing physical activities such as doing light exercise such as jogging in order to reduce the risk of hypertension.

Keyword : Hypertension, Physical Activity, Stress Level, *Work From Home*