

# HUBUNGAN ANTARA LAMA AKTIVITAS PERKULIAHAN DENGAN TEKANAN DARAH PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

I Gusti Ngurah Adi Dwiva Raditya

## Abstrak

Tingginya prevalensi prehipertensi dan hipertensi pada masa remaja akibat lama aktivitas perkuliahan menjadi kekhawatiran karena lama jam kerja sudah lama dihubungkan dengan kenaikan tekanan darah, namun beberapa masih mendapatkan hasil yang tidak konsisten. Penelitian ini bertujuan untuk mengetahui hubungan antara lama aktivitas perkuliahan terhadap tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional Veteran Jakarta. Penelitian ini termasuk dalam penelitian *cross sectional* dengan metode survey analitik. Pengukuran variabel bebas menggunakan *self-administered questionnaire*, *Perceived Stress Scale* (PSS), *Pittsburgh Sleep Quality Index* (PSQI), *Global Physical Activity Questionnaire* (GPAQ). Sedangkan pengukuran tekanan darah dilakukan pemeriksaan fisik menggunakan tensimeter digital. Sampel pada penelitian ini berjumlah 48 responden dan dipilih menggunakan teknik *simple random sampling*. Analisis bivariat menggunakan uji alternatif *chi-square* yaitu uji *Fisher*. Hasil yang didapatkan menunjukkan lama aktivitas perkuliahan [ $p = 0.176$ ; OR = 0.357 (95% CI, 0.09-1.36)], tingkat stres [ $p = 0.870$ ; OR = 0.826 (95% CI, 0.24-2.77)], aktivitas fisik [ $p = 0.694$ ; OR = 1.587 (95% CI, 0.62-3.98)], dan kualitas tidur [ $p = 0.345$ ; OR = 0.375 (95% CI, 0.07-1.99)] memiliki nilai  $p > 0.05$ . Dapat disimpulkan bahwa tidak ada hubungan yang bermakna antara lama aktivitas perkuliahan dengan tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta. Untuk penelitian lebih lanjut, disarankan untuk menambah variabel bebas seperti konsumsi sodium dan menggunakan metode lain seperti *Cohort*.

**Kata kunci:** lama aktivitas perkuliahan, tekanan darah, mahasiswa Fakultas Kedokteran

**THE RELATIONSHIP BETWEEN DURATION OF CAMPUS ACTIVITIES  
AND BLOOD PRESSURE IN STUDENTS OF THE MEDICAL FACULTY  
IN UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

**I Gusti Ngurah Adi Dwiva Raditya**

***Abstract***

*The high prevalence of prehypertension and hypertension in adolescence due to duration of campus activities was a concern because long working hours have been associated with increased blood pressure, however several studies have shown inconsistent results. This study aims to determine the correlation between the duration of campus activities and blood pressure in students of the Faculty of Medicine at Universitas Pembangunan Nasional “Veteran” Jakarta. This research was a cross sectional study with the method of analytical survey. The independent variable was measured using self-administered questionnaire, Perceived Stress Scale (PSS), Pittsburgh Sleep Quality Index (PSQI), Global Physical Activity Questionnaire (GPAQ). While for blood pressure, a physical examination was carried out using a digital tensimeter. The sample in this study were 48 respondents and was chosen using simple random sampling. Bivariate analysis was using an alternative chi-square test that is Fisher’s test. The results showed that the duration of campus activity [ $p = 0.176$ ; OR = 0.357 (95% CI, 0.09-1.36)], stress level [ $p = 0.870$ ; OR = 0.826 (95% CI, 0.24-2.77)], physical activity [ $p = 0.694$ ; OR = 1.587 (95% CI, 0.62-3.98)], and sleep quality [ $p = 0.345$ ; OR = 0.375 (95% CI, 0.07-1.99)] has  $p$ -value  $> 0.05$ . It concluded that there is no significant relationship between the duration of campus activity with blood pressure in students of the Faculty of Medicine at Universitas Pembangunan Nasional “Veteran” Jakarta. For further research, it is suggested to add more independent variable such as sodium intakes and use different method with Cohort.*

**Keywords:** *duration of campus activities, blood pressure, medical faculty students*