

HUBUNGAN ANTARA TINGKAT STRES, *SELF-CARE BEHAVIOR*, DAN BMI DENGAN KUALITAS HIDUP PASIEN HIPERTENSI DI RS ISLAM JAKARTA-SUKAPURA

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Abstrak

Hipertensi termasuk salah satu penyakit kronis yang berpotensi menurunkan kualitas hidup apabila tidak ditangani secara optimal. Kualitas hidup pasien hipertensi dapat dipengaruhi oleh berbagai faktor, di antaranya tingkat stres, *self-care behavior*, serta *body mass index* (BMI). Penelitian ini bertujuan untuk mengkorelasikan tingkat stres, *self-care behavior*, dan BMI dengan kualitas hidup pada pasien hipertensi di RS Islam Jakarta – Sukapura. Metode penelitian yang digunakan adalah kuantitatif dengan rancangan *cross-sectional*. Sebanyak 257 pasien hipertensi dipilih sebagai sampel melalui teknik purposive sampling. Pengumpulan data dilakukan menggunakan kuesioner DASS-42 untuk menilai tingkat stres, instrumen SC-HI untuk mengukur *self-care behavior*, WHOQOL-BREF untuk mengevaluasi kualitas hidup, serta pengukuran antropometri untuk menentukan BMI. Analisis data menggunakan uji korelasi *Spearman Rank*. Hasil penelitian menunjukkan terdapat hubungan bermakna antara tingkat stres dengan kualitas hidup ($r = -0,544$; $p < 0,001$), *self-care behavior* dengan kualitas hidup ($r = 0,889$; $p < 0,001$), serta BMI dengan kualitas hidup ($r = 0,314$; $p < 0,001$). Temuan ini menegaskan bahwa semakin rendah tingkat stres, semakin baik *self-care behavior*, dan semakin terkontrol BMI, maka kualitas hidup pasien hipertensi cenderung lebih baik. Oleh karena itu, diperlukan pendekatan keperawatan yang komprehensif seperti manajemen stres dan terapi non-farmakologi untuk penatalaksanaan hipertensi.

Kata kunci: Hipertensi, Indeks Massa Tubuh, Kualitas Hidup, Perilaku Perawatan Diri, Stres.

**RELATIONSHIP BETWEEN STRESS LEVELS, SELF-CARE
BEHAVIOR, AND BMI WITH QUALITY OF LIFE OF
HYPERTENSION PATIENTS AT JAKARTA-SUKAPURA
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Abstract

Hypertension is a chronic condition that may adversely affect an individual's quality of life when not adequately managed. Several determinants are known to influence the quality of life of hypertensive patients, including psychological stress, self-care behavior, and nutritional status as reflected by body mass index (BMI). This study aimed to analyze the relationships between stress levels, self-care behavior, BMI, and quality of life among patients with hypertension at RS Islam Jakarta–Sukapura. A quantitative approach with a cross-sectional design was applied. A total of 257 hypertensive patients were recruited using purposive sampling. Data collection involved the DASS-42 questionnaire to assess stress levels, the SC-HI instrument to evaluate self-care behavior, the WHOQOL-BREF to measure quality of life, and anthropometric assessments to determine BMI. The Spearman Rank correlation test was used for data analysis. The findings demonstrated a significant negative correlation between stress levels and quality of life ($r = -0.544$; $p < 0.001$), while self-care behavior showed a strong positive correlation with quality of life ($r = 0.889$; $p < 0.001$). In addition, BMI was significantly associated with quality of life ($r = 0.314$; $p < 0.001$). These results suggest that lower stress levels, enhanced self-care practices, and optimal BMI are linked to better quality of life in hypertensive patients. Consequently, comprehensive nursing interventions, including stress management strategies and non-pharmacological therapies, are recommended to improve hypertension outcomes.

Keyword: *Body Mass Index, Hypertension, Self-Care Behavior, Stress, Quality Of Life.*