

The Relationship of Stress Levels, Nutritional Status, and Sedentary Lifestyle with Hypertension Incidence in Summersari Village

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ABSTRACT

Hypertension is a condition in which systolic and diastolic blood pressure increases beyond normal limits. The prevalence of hypertension in East Java reaches 61.10% and the prevalence of hypertension in Jember Regency is 12.12%. Some factors that affect blood pressure include stress levels, nutritional status, and sedentary lifestyle. This study aims to determine the relationship between stress levels, nutritional status and sedentary lifestyle with the incidence of hypertension in Summersari Village, Jember Regency. This type of research is observational analytic with cross sectional research design. The sampling technique in this study used simple random sampling. The number of research subjects was 84 respondents. Data collection used interviews, DASS questionnaires, IPAQ-SF questionnaires, nutritional status measurements, and blood pressure measurements. Statistical analysis using SPSS 26 with chi-square test. The results showed that there was a significant relationship between stress level and the incidence of hypertension ($p\text{-value} = 0.002$), there was a significant relationship between nutritional status and the incidence of hypertension ($p\text{-value} = 0.020$), there was a significant relationship between sedentary lifestyle and the incidence of hypertension ($p\text{-value} = 0.002$). In conclusion, stress level, nutritional status, and sedentary lifestyle are associated with the incidence of hypertension in Summersari Village.

Keywords: Hypertension, Stress Level, Nutritional Status, and Sedentary Lifestyle