

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Tingkat Stres dan Depresi dengan Tekanan Darah pada Guru SMPN 2 Sukaraja dan Tinjauannya Menurut Islam

Latar Belakang : Hipertensi dipengaruhi oleh berbagai faktor, termasuk stres dan depresi. Guru merupakan profesi yang rentan mengalami gangguan psikologis tersebut sehingga berpotensi memengaruhi tekanan darah. Penelitian ini dilakukan untuk mengetahui hubungan stres dan depresi dengan tekanan darah pada guru SMPN 2 Sukaraja serta tinjauannya menurut Islam.

Metodologi : Penelitian *cross-sectional* pada 46 guru dengan *total sampling*. Stres dan depresi diukur menggunakan DASS-21, sedangkan tekanan darah diukur menggunakan sfigmomanometer. Analisis menggunakan uji Spearman Rho.

Hasil : Mayoritas responden tidak mengalami stres dan tidak mengalami depresi. Tidak terdapat hubungan signifikan antara stres dengan tekanan darah maupun depresi dengan tekanan darah.

Kesimpulan : Tidak ditemukan hubungan antara tingkat stres dan depresi dengan tekanan darah pada guru SMPN 2 Sukaraja. Rendahnya prevalensi stres dan depresi pada responden serta adanya faktor lain seperti pola hidup, mekanisme coping, dan dukungan sosial diduga memengaruhi hasil tersebut. Dalam tinjauan Islam, menjaga kesehatan fisik dan mental, termasuk pengendalian stres, merupakan bagian dari amanah untuk memelihara tubuh yang dianugerahkan Allah SWT.

Kata Kunci : Stres; Depresi; Tekanan Darah; Guru; SMPN 2 Sukaraja; Kesehatan Mental

ABSTRACT

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Thesis Title : Correlation Between Stress and Depression Levels and Blood Pressure Among Teachers at SMPN 2 Sukaraja and Its Review According to Islamic

Background : Hypertension is influenced by various factors, including psychological factors such as stress and depression. Teachers are considered a profession vulnerable to these psychological conditions, which may affect blood pressure regulation. This study aims to determine the relationship between stress and depression levels with blood pressure among teachers at SMPN 2 Sukaraja, as well as its review from an Islamic perspective.

Method : This cross-sectional study involved 46 teachers selected through total sampling. Stress and depression levels were assessed using the DASS-21 questionnaire, while blood pressure was measured using a sphygmomanometer. Data were analyzed using the Spearman Rho correlation test.

Results : Most respondents did not experience stress or depression. No significant relationship was found between stress and blood pressure nor between depression and blood pressure..

Conclusion : This study found no significant association between stress and depression levels and blood pressure among teachers at SMPN 2 Sukaraja. The low prevalence of stress and depression, along with other factors such as lifestyle, coping mechanisms, and social support, may have influenced these findings. In the Islamic perspective, maintaining physical and mental health, including managing stress, is part of the responsibility to care for the body entrusted by Allah SWT.

Keyword : Stress; Depression; Blood Pressure; Teachers; SMPN 2 Sukaraja; Mental Health