

SKRIPSI

**HUBUNGAN AKTIVITAS FISIK DENGAN STATUS HIPERTENSI
DI MASA PANDEMI COVID-19 DI WILAYAH KERJA
PUSKESMAS ANDALAS PADANG TAHUN 2021**

Penelitian Keperawatan Medikal Bedah



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**Hubungan Aktivitas Fisik dengan Status Hipertensi
di Masa Pandemi COVID-19 di Wilayah Kerja
Puskesmas Andalas Padang Tahun 2021**

ABSTRAK

Pandemi COVID-19 menyebabkan banyak perubahan salah satunya dengan diberlakukannya PSBB sehingga aktivitas fisik masyarakat menjadi berkurang dan berdampak kepada kesehatan masyarakat salah satunya terjadi peningkatan tekanan darah (hipertensi). Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dengan status hipertensi di masa pandemi COVID-19 di wilayah kerja Puskesmas Andalas Padang tahun 2021. Jenis penelitian ini adalah penelitian kuantitatif, dengan desain penelitian korelasi. Penelitian ini dilakukan pada 73 responden dengan menggunakan teknik *purposive sampling*. Data dikumpulkan dengan cara pemeriksaan tekanan darah dan menggunakan *International Physical Activity Questionnaire* (IPAQ). Analisa data menggunakan uji korelasi *somers'd*. Hasil penelitian didapatkan bahwa adanya hubungan antara aktivitas fisik dengan status hipertensi di masa pandemi COVID-19 dengan nilai p (*value*) = 0,007. Selain itu didapatkan nilai $R = (-) 0,270$ menunjukkan kekuatan hubungan termasuk dalam kategori lemah dan bernilai negatif dan nilai $r^2 = 0,0729$ yang berarti aktivitas fisik berkontribusi sebesar 7,29% terhadap peningkatan tekanan darah atau status hipertensi. Disarankan kepada Puskesmas Andalas untuk dapat meningkatkan atau mencari alternatif terkait program aktivitas fisik bagi penderita hipertensi yang melakukan pemeriksaan tekanan darah di Puskesmas Andalas di masa Pandemi Covid-19.

Kata kunci : Status Hipertensi, *International Physical Activity Questionnaire*, Pandemi COVID-19, Aktivitas fisik

Daftar pustaka : 47 (2002-2020)

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***Relationship of Physical Activity with Hypertension Status
During the COVID-19 Pandemic in the Work Area
Andalas Padang Health Center in 2021***

ABSTRACT

The COVID-19 pandemic has caused many changes, one of which is the implementation of PSBB so that people's physical activity is reduced and has an impact on public health, one of which is an increase in blood pressure (hypertension). This study aims to determine the relationship between physical activity and hypertension status during the COVID-19 pandemic in the Andalas Padang Health Center working area in 2021. This type of research is a quantitative study, with a correlation research design. This research was conducted on 73 respondents using the purposive sampling technique. Data was collected through blood pressure examination and using the International Physical Activity Questionnaire (IPAQ). Data analysis using somers'd correlation test. The results showed that there was a relationship between physical activity and hypertension status during the COVID-19 pandemic with a p value (value) = 0.007. In addition, the value of $R = (-) 0.270$ indicates the strength of the relationship is included in the weak category and has a negative value and the value of $r^2 = 0.0729$, which means physical activity contributes 7.29% to the increase in blood pressure or hypertension status. It is recommended to the Andalas Health Center be able to improve or find alternatives related to physical activity programs for people with hypertension who carry out blood pressure checks at the Andalas Health Center during the Covid-19 Pandemic.

Keywords : Hypertension Status, International Physical Activity Questionnaire, COVID-19 Pandemic, Physical activity

Bibliography :47 (2002-2020)