

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, 9 JULI 2026
SITI MARHAMAH RAMADANI**

**HUBUNGAN AKTIFITAS FISIK DAN STRES TERHADAP KEJADIAN
HIPERTENSI IBU HAMIL SEBAGAI FAKTOR RISIKO PENYAKIT
JANTUNG**

xiii + 54 Halaman, 7 Tabel, 12 Lampiran

ABSTRAK

Hipertensi dalam kehamilan merupakan salah satu penyebab utama morbiditas dan mortalitas ibu yang dapat meningkatkan risiko penyakit jantung serta menimbulkan komplikasi bagi ibu dan janin. Aktivitas fisik dan stres diduga berperan terhadap terjadinya hipertensi pada ibu hamil. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dan stres terhadap kejadian hipertensi pada ibu hamil sebagai faktor risiko penyakit jantung di Puskesmas Payung Sekaki Kota Pekanbaru. Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh ibu hamil trimester ≥ 20 minggu yang melakukan pemeriksaan kehamilan di Puskesmas Payung Sekaki pada Mei-Juni 2026. Sampel berjumlah 85 responden yang dipilih menggunakan teknik *purposive sampling*. Aktivitas fisik diukur menggunakan *Pregnancy Physical Activity Quest ionnaire* (PPAQ), tingkat stres menggunakan *Edinburgh Postnatal Depression Scale* (EPDS), sedangkan tekanan darah diukur menggunakan tensimeter. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dengan tingkat kepercayaan 95% ($p=0,05$). Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki aktivitas fisik kategori sedang (49,4%), tingkat stres normal (69,4%), dan tidak mengalami hipertensi (65,9%). Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara aktivitas fisik dengan kejadian hipertensi pada ibu hamil ($p=0,001$). Selain itu, terdapat hubungan yang signifikan antara tingkat stres dengan kejadian hipertensi pada ibu hamil ($p<0,05$). Disimpulkan bahwa aktivitas fisik rendah dan tingkat stres tinggi berhubungan dengan kejadian hipertensi pada ibu hamil di Puskesmas Payung Sekaki Kota Pekanbaru. Oleh karena itu, ibu hamil dianjurkan melakukan aktivitas fisik yang sesuai selama kehamilan serta mengelola stres melalui dukungan keluarga dan edukasi tenaga kesehatan untuk menurunkan risiko hipertensi dan komplikasi kehamilan.

Kata Kunci: *Aktivitas fisik, Stres, Hipertensi, Ibu hamil.*

Referensi: 56 Referensi (2020–2026).

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA HEALTH
POLYTECHNIC OF THE MINISTRY OF HEALTH RIAU APPLIED
BACHELOR OF MIDWIFERY STUDY PROGRAM**

**THESIS, JULY 2026
SITI MARHAMAH RAMADANI**

**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND STRESS
ON THE INCIDENCE OF HYPERTENSION IN PREGNANT WOMEN AS
A RISK FACTOR FOR HEART DISEASE**

xiii + 54 Pages, 7 Tables, 12 Appendices

ABSTRACT

Hypertension in pregnancy is one of the main causes of maternal morbidity and mortality which can increase the risk of heart disease and cause complications for the mother and fetus. Physical activity and stress are suspected to play a role in the occurrence of hypertension in pregnant women. This study aimed to determine the relationship between physical activity and stress to the incidence of hypertension in pregnant women as a risk factor for heart disease at the Payung Sekaki Health Center, Pekanbaru City. This study uses an observational analytical design with a cross sectional approach. The study population was all pregnant women in the ≥ 20 trimester who had a pregnancy examination at the Payung Sekaki Health Center in May-June 2026. The sample totaled 85 respondents who were selected using the purposive sampling technique. Physical activity was measured using the Pregnancy Physical Activity Quest (PPAQ), stress level using the Edinburgh Postnatal Depression Scale (EPDS), while blood pressure was measured using a sphygmomanometer. Data analysis was carried out univariate and bivariate using the Chi-Square test with a 95% confidence level ($p=0.05$). The results showed that most of the respondents had moderate physical activity (49.4%), normal stress levels (69.4%), and did not have hypertension (65.9%). The results of bivariate analysis showed that there was a significant relationship between physical activity and the incidence of hypertension in pregnant women ($p=0.001$). In addition, there was a significant relationship between stress levels and the incidence of hypertension in pregnant women ($p<0.05$). It was concluded that low physical activity and high stress levels were related to the incidence of hypertension in pregnant women at the Payung Sekaki Health Center, Pekanbaru City. Therefore, pregnant women are encouraged to do appropriate physical activity during pregnancy and manage stress through family support and education of health workers to reduce the risk of hypertension and pregnancy complications.

keywords physical activity, stress, hypertension, pregnant women.

References: 56 References (2020–2026).