Abstrak

Hipertensi merupakan masalah kesehatan global yang prevalensinya terus meningkat, termasuk pada kelompok usia produktif yang menanggung beban peran pekerjaan, keluarga, dan ekonomi yang kompleks. Dampak hipertensi bersifat biopsikososial dan tidak cukup dinilai hanya melalui tekanan darah, melainkan perlu ditelusuri melalui kualitas hidup penderita. Penelitian ini bertujuan untuk mengetahui hubungan antara kecemasan dengan kualitas hidup pada penderita hipertensi usia produktif di Kecamatan Depok, Kabupaten Sleman. Hipotesis penelitian ini adalah terdapat hubungan negatif antara kecemasan dengan kualitas hidup pada domain kesehatan fisik, psikologis, hubungan sosial, dan lingkungan. Partisipan penelitian berjumlah 200 penderita hipertensi berusia 18-64 tahun yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan secara daring melalui Google Form menggunakan skala *Hospital Anxiety and Depression Scale-Anxiety* (HADS-A) dan *World Health Organization Quality of Life-BREF* (WHOQOL-BREF), kemudian dianalisis menggunakan teknik korelasi *product moment* dari Pearson. Hasil penelitian menunjukkan bahwa kecemasan berhubungan negatif secara signifikan dengan keempat domain kualitas hidup, yaitu domain fisik ($r = -0{,}380$; $p = 0{,}000$), psikologis ($r = -0{,}211$; $p = 0{,}001$), hubungan sosial ($r = -0{,}134$; $p = 0{,}029$), dan lingkungan ($r = -0{,}166$; $p = 0{,}009$), dengan domain fisik menunjukkan hubungan terkuat. Dengan demikian, hipotesis penelitian diterima: semakin tinggi kecemasan yang dialami penderita hipertensi usia produktif, semakin rendah kualitas hidup yang dirasakan pada keempat domain tersebut, dan sebaliknya.

Kata Kunci: hipertensi, kecemasan, kualitas hidup, usia produktif

Abstract

Hypertension is a global health problem with a prevalence that continues to rise, including among productive-age individuals who carry complex burdens related to work, family, and economic responsibilities. The impact of hypertension is biopsychosocial in nature and cannot be adequately assessed through blood pressure alone, but must also be examined through patients' quality of life. This study aimed to determine the relationship between anxiety and quality of life among productive-age hypertension patients in Depok District, Sleman Regency. The hypothesis proposed a negative relationship between anxiety and quality of life across the physical health, psychological, social relationships, and environmental domains. Participants consisted of 200 hypertension patients aged 18-64 years, selected using a purposive sampling technique. Data were collected online through a Google Form using the Hospital Anxiety and Depression Scale-Anxiety (HADS-A) and the World Health Organization Quality of Life-BREF (WHOQOL-BREF), then analyzed using Pearson product moment correlation. The results showed that anxiety was significantly and negatively correlated with all four quality of life domains: physical ($r = -0.380$; $p = 0.000$), psychological ($r = -0.211$; $p = 0.001$), social relationships ($r = -0.134$; $p = 0.029$), and environment ($r = -0.166$; $p = 0.009$), with the physical domain showing the strongest relationship. Thus, the hypothesis was accepted: the higher the anxiety experienced by productive-age hypertension patients, the lower their quality of life across these four domains, and vice versa.

Keywords: *anxiety, hypertension, productive age, quality of life*