

Relationship Between Anxiety With Sleep Quality In Hypertension Sufferers At Pranggang Public Health Center, Kediri Regency

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Abstrak

Hipertensi merupakan salah satu pemicu penyakit tidak menular yang saat ini menjadi penyebab kematian tertinggi di dunia. Penderita hipertensi akan mengalami rasa cemas dan gelisah yang dapat menyebabkan kesulitan tidur, sehingga kualitas tidur menjadi buruk dan dapat meningkatkan risiko penyakit kardiovaskular. Penelitian ini dilakukan untuk mengetahui hubungan kecemasan dengan kualitas tidur pada pasien hipertensi di UPTD Puskesmas Pranggang Kabupaten Kediri. Desain penelitian ini menggunakan analitik korelasi melalui pendekatan cross sectional. Populasi penelitian adalah pasien hipertensi yang memeriksakan diri dan berobat di UPTD Puskesmas Pranggang dengan sampel sebanyak 40 responden, diambil dengan menggunakan teknik Accidental Sampling. Variabel yang digunakan adalah kecemasan sebagai variabel independen dan kualitas tidur sebagai variabel dependen. Dan teknik pengumpulan data menggunakan kuesioner. Hasil penelitian menunjukkan sebanyak 19 responden mengalami kecemasan sedang, 37 responden mengalami kualitas tidur buruk dan terdapat hubungan kecemasan dengan kualitas tidur pada pasien hipertensi, sehingga H_0 ditolak dan H_1 diterima. Artinya, terdapat hubungan yang cukup kuat antara kecemasan dengan kualitas tidur pada pasien hipertensi di UPTD Puskesmas Pranggang Kabupaten Kediri dengan hubungan searah. Sehingga diharapkan peran keluarga dalam memberikan dukungan untuk mengelola kecemasan pada pasien hipertensi, serta peran petugas kesehatan dalam memberikan edukasi dan pengobatan untuk mengurangi kecemasan sehingga meningkatkan kualitas tidur pasien hipertensi.

Kata Kunci : *Kecemasan, Kualitas Tidur, Hipertensi*

Abstract

Hypertension is one of the triggers of non-communicable diseases, which is currently the highest cause of death in the world. Hypertension sufferers will experience anxiety and restlessness that can cause difficulty sleeping, so that sleep quality becomes poor and can increase the risk of cardiovascular disease. This study was conducted to determine the relationship between anxiety and sleep quality in hypertensive patients at UPTD Puskesmas Pranggang, Kediri Regency. This research design uses correlation analytics through cross sectional approach. The study population was hypertensive patients who examined themselves and received treatment at UPTD Puskesmas Pranggang with a sample of 40 respondents, taken using accidental sampling technique. The variables used are anxiety as the independent variable and sleep quality as the dependent variable. And data collection techniques using questionnaires. The results showed that many as 19 respondents experienced moderate anxiety, 37 respondents experienced poor sleep quality and there was a relationship between anxiety and sleep quality in hypertensive patients, so H_0 was rejected and H_1 was accepted. That is, there is strong enough relationship between anxiety and sleep quality in hypertensive patients at UPTD Puskesmas Pranggang Kediri Regency with a unidirectional relationship. So it is hoped that the role of the family in

providing support for managing anxiety in patients with hypertension, as well as the role of health workers in providing education and treatment to reduce anxiety so as to improve the quality of sleep of patients with hypertension.

Keywords : *Anxiety, Sleep Quality, Hypertension*

INTRODUCTION

Hypertension is an important factor that triggers non-communicable diseases which are currently the number 1 cause of death in the world. Based on data from *the World Health Organization* (WHO) year 2015 shows that around 1.13 billion people in the world have hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension. Riskesdas data for 2018 stated that the estimated cases of hypertension in Indonesia were 63,309,620 people, while the death rate in Indonesia due to hypertension was 427,218 deaths (Ministry of Health of the Republic of Indonesia, 2019). Data from the Kediri District Health Service, for hypertension sufferers who received services according to standards in Kediri district in 2019, there were 85,513 people spread across 37 health centers (Kediri District Health Service, 2019). Based on data obtained at the UPTD Pranggang K Health Center , Kediri Regency, hypertension coverage in 2020 was 2604 people (27.71%). Blood pressure will normally decrease when sleeping in a normal state (around 10-20% is still considered normal) compared to when awake, this can be attributed to a decrease in sympathetic activity during sleep (Indriani, 2016).

Anxiety is a vague and pervasive worry related to feelings of uncertainty and helplessness. This emotional state has no specific object. Anxiety is experienced subjectively and communicated interpersonally (Dona, 2016). Anxiety is a term that is often used to describe a condition that has no clear cause Sometimes it is also accompanied by various physical complaints. Anxiety can occur due to mental tension (Wahyudi, 2016). Based on research conducted by Suaryanto (2015), it shows that 48 people with hypertension experienced moderate anxiety (54.5%). The highest symptom is feelings of anxiety (89.9%), and the lowest is autonomy (43.2%) (Suaryanto, 2015).

Sleep is another additional risk factor for hypertension that is not controversial and is also often overlooked. Illness conditions such as cardiovascular disease (hypertension) cause patients to lose sleep or not be able to sleep (Wahyudi, 2016). Based on a preliminary study conducted in a general examination room service, 10 people with hypertension, 7 people had difficulty sleeping. They complain that they often wake up at night and find it difficult to go back to sleep. According to 5 people suffering from hypertension, this is due to the excessive worry, tension and fear that they often experience, 1 other person suffering from hypertension said it was because of the pain they felt, while 1 more person said they did not know the cause, so they also often felt sleepy during the day and this could interfere with their activities during the day, and 3 others said they had no problems with their sleep.

Someone who suffers from hypertension may experience anxiety due to the disease requiring relatively long treatment, the risk of complications from hypertension which is the number one cause of death in the world and can shorten life (Laksita, 2016). Sleep functions to reduce blood pressure by reducing catecholamine secretion, catecholamines themselves function to increase heart rate, and cause vasoconstriction which then increases blood pressure. Because hypertension carries a high risk of cardiovascular disease, the effects of short sleep duration and poor sleep quality in hypertensive patients can increase the risk of cardiovascular disease and death (Ardiansyah, 2012).

Seeing the background problems above and based on the results of preliminary studies that have been carried out previously , researchers are interested in researching the " Anxiety Relationship with Sleep Quality in Hypertension Sufferers at UPTD Pranggang Health Center, Kediri Regency."

METHODS

The research design used in this research is correlation analysis, which is a way to determine whether or not there is a relationship between two independent variables and a dependent variable. The strength between variables can be seen from the correlation coefficient. With a cross sectional approach. *Cross sectional* research is cross sectional research in which the cause or risk and effect variables that occur on the research object are observed only once at the same time (Susilo and Suyanto, 2014). The population in this study were hypertension sufferers in the Pranggang Health Center UPTD working area, who underwent examinations and

treatment every month in 2020, an average of 45 sufferers. The samples in this study were some hypertension sufferers who checked themselves and received treatment at the UPTD Pranggang Health Center, Kediri Regency. The sampling technique used in this research is accidental sampling, namely a sample determination technique based on chance, namely respondents who coincidentally (*incidentally*) meet the researcher can be used as a sample (Sugiyono, 2012).

In this study, researchers used 2 variables, namely the independent variable or independent variable in the form of anxiety level, and the dependent variable or dependent variable in the form of sleep quality. The instrument in this research uses a questionnaire. The anxiety questionnaire in this study consisted of 14 *Hamilton Rating Scale for Anxiety* (HRSA) questions. The sleep quality questionnaire used in this study was the *Pittsburgh Sleep Quality Index* (PSQI) questionnaire. Data collection in this research was carried out using quantitative methods. Data was collected through filling out questionnaires by respondents. This research was carried out starting from the preparation of the plan (proposal) in March to May 2021. Guidance and proposal examination was carried out from April to June 2021. Research data collection, data processing and reporting were carried out in July 2021.

RESULTS AND DISCUSSION

RESULT

The following is a description of the results of research carried out at the UPTD Pranggang Health Center, Kediri Regency on July 1 2021-July 31 2021 with a total of 40 respondents suffering from hypertension.

Table 1 . Age Distribution of Hypertension Sufferers in the General Examination Room of the UPTD Pranggang Health Center, Kediri Regency, July 2021.

No.	Age	Frequency (f)	Percentage (%)
1.	26 – 35 years	4	10.0
2.	36 – 45 years old	7	17.5
3.	46 – 55 years old	18	45.0
4.	56 – 65 years old	11	27.5
Total		40	100.0

Based on table 1, it shows the age characteristics of hypertension sufferers, namely that some (45%) of the respondents were aged 46 - 55 years, namely 18 respondents.

Table 2 . Gender Distribution of Hypertension Sufferers in the General Examination Room of the UPTD Pranggang Health Center, Kediri Regency, July 2021.

No.	Gender	Frequency (f)	Percentage (%)
1.	Boy	17	42.5
2.	Woman	23	57.5
Total		40	100.0

Based on table 2, it shows the gender characteristics of hypertension sufferers, most (57.5%) of the respondents were female, namely 23 respondents.

Table 3 . Distribution of Education for Hypertension Sufferers in the General Examination Room of UPTD Pranggang Health Center, Kediri Regency, July 2021.

No	Education	Frequency (f)	Percentage (%)
1.	Didn't Finish Elementary School	0	0.0
2.	Elementary And Middle School	24	60.0
3.	Senior High School	15	37.5

4.	College	1	2.5
Total		40	100.0

Based on table 3, it shows the educational characteristics of hypertension sufferers, most (60%) of the respondents had elementary and middle school education, namely 24 respondents.

Table 4 . Job Distribution of Hypertension Sufferers in the General Examination Room of the UPTD Pranggang Health Center, Kediri Regency, July 2021.

No	Work	Frequency (f)	Percentage (%)
1.	Not working	0	0.0
2.	IRT	16	40.0
3.	PNS/TNI/POLRI	0	0.0
4.	Farmer	13	32.5
5.	Private	11	27.5
Total		40	100.0

Based on table 4 , it shows the job characteristics of hypertension sufferers, some (40%) of the respondents are housewives, namely 16 respondents.

Table 5 . Distribution of Marital Status of Hypertension Sufferers in the General Examination Room of UPTD Pranggang Health Center, Kediri Regency, July 2021.

No	Marital Status	Frequency (f)	Percentage (%)
1.	Marry	39	97.5
2.	Married Yet	1	2.5
Total		40	100.0

Based on table 5 above , it shows the characteristics of the marital status of hypertension sufferers, almost all (97.5%) of the respondents were married, namely 39 respondents.

Table 6 . Frequency Distribution of Anxiety Levels in Hypertension Sufferers at UPTD Pranggang Health Center July 2021.

No.	Anxiety Level	Frequency (f)	Percentage (%)
1.	No Anxiety	2	5.0
2.	Mild Anxiety	10	25.0
3.	Moderate Anxiety	19	47.5
4.	Severe Anxiety	9	22.5
5.	Very severe anxiety	0	0
Total		40	100.0

Based on table 6, it is known that of the 40 respondents, 19 respondents (47.5%) were in the moderate anxiety category.

Table 7 . Frequency Distribution of Sleep Quality in Hypertension Sufferers at UPTD Pranggang Health Center July 2021.

No.	Quality Sleep	Frequency (f)	Percentage (%)
1.	Good	3	7.5
2.	Bad	37	92.5
Total		40	100.0

Based on table 7, it is known that almost all respondents (92.5%) with 37 respondents met the criteria for poor sleep quality.

Table 8. Distribution of Analysis of the Relationship between Anxiety and Sleep Quality in Hypertension Sufferers at UPTD Pranggang Health Center, Kediri Regency, July 2021.

Worry	Quality Sleep				Total	
	Good		Bad		F	%
	F	%	F	%		
There is none emergency	2	5.0	0	0	2	5.0
Lightweight	1	2.5	9	22.5	10	25.0
Medium	0	0	19	47.5	19	47.5
Heavy	0	0	9	22.5	9	22.5
Very heavy	0	0	0	0	0	0
Spearman rank statistical test	$\rho = 0.004$		$\alpha = 0.05$		$r = 0.451$	

Based on table 8, it is known that of the 40 respondents, it was found that some (47.5%) of the 19 respondents with moderate anxiety had poor sleep quality. From the Spearman correlation test, a significant number or probability value of 0.004 was obtained, which is much lower than the significant standard of 0.05 or $\rho < \alpha$, so H1 was accepted, which means there is a unidirectional relationship between anxiety and sleep quality in hypertension sufferers at the UPTD Pranggang Health Center, Kediri district in July 2021.

DISCUSSION

a. Anxiety of Hypertension Sufferers at UPTD Pranggang Community Health Center, Kediri Regency.

The research results showed that from the data obtained, some respondents (47.5%) were 19 respondents in the moderate anxiety category. And from the HRSA questionnaire data, the highest results were obtained from the 13th parameter regarding autonomic symptoms (104), the 1st parameter regarding feelings of anxiety (98), the 4th parameter regarding sleep disorders (95). The statement of anxiety is supported by a theory that anxiety is a vague and diffuse worry related to feelings of uncertainty and helplessness. This emotional state has no specific object. Anxiety is experienced subjectively and communicated interpersonally.

Anxiety is very familiar in everyday life, which describes a state of worry, restlessness, and unease accompanied by pain disorders, meaning that anxiety can be part of sleep quality (Stuart, 2012). Anxiety can be expressed through physiological responses, namely the body responds by activating the autonomic nervous system (sympathetic and parasympathetic). The sympathetic nervous system will minimize the body's response. Anxiety is a subjective feeling of disturbing mental tension as a general reaction to the inability to overcome a problem or a lack of feeling safe (Stuart, 2012). Researchers are of the opinion that someone who experiences moderate or severe anxiety and cannot tell their family whenever there is a problem will tend to result in high stress, because people who experience severe anxiety tend to experience an increase in heart function which results in someone experiencing difficulty sleeping.

Based on table 1, the results showed that the majority of respondents (72.5%) were aged 46 - 65 years, namely 29 respondents. And it was found that those aged 46-55 years had moderate anxiety as much as 17.5% namely a total of 7 respondents. Researchers believe that the age factor is very influential in the process of

anxiety in a person. Older people are very sensitive to everything. And older people are prone to experiencing emotional disorders so that as they get older they are more likely to experience anxiety disorders.

Based on table 2, it is known that the majority of respondents (57.5%) were 23 women. And it was found that 30% of the 12 female respondents experienced moderate anxiety. Researchers are of the opinion that women experience more anxiety, where women have the burden of taking care of the household, children and also work which will influence their anxiety levels. Before entering menopause, women begin to lose the hormone estrogen little by little.

Based on table 3, it is known that 24 respondents (60%) had elementary and junior high school education. From this data it was found that 30% of respondents, 12 respondents, experienced moderate anxiety. Based on the data obtained, hypertension sufferers who experience anxiety have elementary and middle school education, the lower a person's education level, the more it will affect a person's absorption capacity for the information they will receive. Researchers believe that respondents who experience anxiety are also influenced by factors in the form of low education, where low education can slow down a person's ability to understand what a healthy way of life is like, to prevent anxiety.

Based on table 4, the results show that 40% of respondents, 16 people work as housewives (IRT). From this data, it was found that 22.9% of respondents, 9 female respondents, experienced moderate anxiety. Women as housewives are at higher risk of suffering from hypertension compared to women who work, and are at greater risk of experiencing anxiety due to the monotony of work in their daily routine. Based on table 5, the results show that 97.5% of respondents, 39 of whom are married. From this data, it was found that 47.5% of respondents, 19 respondents, experienced moderate anxiety.

Based on the research results, almost all respondents experienced anxiety in different ranges. There were 19 respondents (47.5%) experiencing moderate anxiety. This is supported by the theory that moderate anxiety is where the perception of problems begins to decrease, individuals focus more on important things at that time and put aside other things (Stuart, 2012).

Anxiety in hypertensive sufferers can occur due to various factors, such as physical factors, where hypertensive sufferers will experience various disturbances in bodily functions and complaints related to their health condition, making it easy to cause anxiety. Apart from that, hypertension sufferers can also experience anxiety about recovery and continuity of treatment. As well as the presence of triggering stressors that cause anxiety, namely threats to physical integrity including impending physiological disability or decreased ability to carry out daily activities (Stuart, 2012).

The results of the research data also show that a small percentage of respondents (22.5%), namely 9 people, experienced severe anxiety. This is supported by the theory that severely anxious individuals tend to focus on something detailed and specific and not think about other things. All behavior is aimed at reducing tension. These individuals need a lot of direction to focus on other areas (Stuart, 2012). The research results also showed that a small percentage of respondents (25%), namely 10 people, experienced mild anxiety. This is supported by the statement that mild anxiety is related to tension in life. On a daily basis, this anxiety causes individuals to become alert and also increases their field of perception (Stuart, 2012). The coping mechanisms possessed by the mild anxiety group had a positive influence on them, so that the level of anxiety they experienced was only at a mild level of anxiety.

The research also showed that there were very few respondents (5%), namely 2 people who did not experience anxiety and none of the respondents experienced very severe anxiety. This condition is in accordance with the theory which states that a person feels fine and is able to overcome the reactions that occur. Meanwhile, very severe levels of anxiety or panic are related to shock, fear and terror. Because they experience a loss of control, individuals who experience very severe anxiety are unable to do anything even with directions. Panic involves personality disorganization and results in increased motor activity, decreased ability to relate to others, distorted perceptions, and loss of rational thinking. This level of anxiety is not in line with life, if it continues for a long time, fatigue and death can occur (Stuart, 2012).

b. Sleep Quality of Hypertension Sufferers at UPTD Pranggang Health Center, Kediri Regency

The research results showed that almost all respondents (92.5%) were 37 respondents in the criteria of poor sleep quality and very few respondents (7.5%) were 3 respondents in the criteria of good sleep quality. From the research results, it was found that 42.5% of respondents aged 46-55 years were 17 respondents, 55%

were female (22 respondents), 57.5% had elementary and middle school education (23 respondents), 40% were housewives (40%). 16 respondents), marital status, 90% (36 respondents) experienced poor sleep quality. Pre-elderly to elderly women are more likely to experience poor sleep quality because psychologically, women are easily worried about the hypertension they suffer from, which affects their sleep quality. Housework affects poor sleep quality because household work is carried out continuously, thus affecting housewives' sleep rest.

Based on the research results for component 1 sleep quality, namely the efficiency of sleeping habits, it was found that the majority of respondents, namely 29 respondents, experienced poor sleep quality, while for component 2 sleep latency, 31 respondents experienced difficulty sleeping and took > 30 minutes to fall asleep. Component 3 sleep duration for some respondents, namely 20 respondents, had a sleep duration of 5-6 hours. For component 4 sleep efficiency a small portion, namely 14 respondents, experienced sleep efficiency > 85%, another small portion, namely 13 respondents, experienced sleep efficiency of 75-84%, another small part, namely 12 people, had sleep efficiency of 65-74%, and very few respondents, namely 1 respondent experienced efficiency < 65%. For component 5, sleep disturbances, some respondents, namely 21 respondents, experienced disturbances. Component 6 uses sleeping pills, most of the respondents, 29 respondents, have never used sleeping pills, and for component 7, some respondents, 21 people, felt that during the last month they were often sleepy and not enthusiastic about solving problems.

Sleep quality is a very complex phenomenon that involves various domains, including assessment of sleep duration, sleep disturbances, daytime sleep dysfunction, sleep efficiency, sleep quality, use of sleeping medication. So if one of the seven domains is disturbed it will result in a decrease in sleep quality. This is in accordance with research conducted by Indarwati (2012) entitled the relationship between sleep quality of students who participated in UKM and who did not participate in UKM among regular students at the Faculty of Nursing, University of Indonesia. In order for the quality of sleep to be good, you should always pay attention to sleep patterns, sleep times, and the environment in which we sleep because things like that can affect a person's sleep quality. If the quality of sleep is good, the body will always be healthy, fit and enthusiastic for activities during the day.

c. Relationship between Anxiety and Sleep Quality in Hypertension Sufferers at UPTD Pranggang Health Center

Based on the research results (table 5.9), the Spearman Rank test resulted in a p value of 0.004 ($\alpha = 0.05$), this indicates that the proposed hypothesis was accepted, namely H_0 was rejected and H_1 was accepted. The correlation value is 0.451 which indicates that there is a fairly strong correlation or relationship between anxiety and sleep quality in hypertension sufferers at the Pranggang Health Center UPTD. Meanwhile, the direction of the positive relationship (0.451) shows a unidirectional relationship, thus it can be interpreted that the more severe the anxiety experienced by the sufferer, the worse the quality of sleep they will have. This is in line with research conducted by Komalasari (2012), which examined the relationship between anxiety and the sleep quality of pregnant women with a p value of 0.016. This is also in line with research by Rita Melanie (2018) who conducted research on the relationship between anxiety and sleep quality during pre-caesarean section surgery with a p value of 0.002 which states that there is a relationship between anxiety level and sleep quality with a correlation value of -0.681 which shows a strong negative correlation, so it can be said that the more severe the anxiety experienced by the patient, the worse the quality of sleep they have.

The results of the research are similar to research conducted by Purwati Atun Raudatul Ma'rifah (2014), with the research method being descriptive correlation with a cross sectional approach. Sampling was taken using an accidental sampling technique with a total of 40 respondents. Data was taken by providing the HRS-A (Hamilton Rating Scale for Anxiety) questionnaire to measure anxiety and the PSQI (Pittsburgh Sleep Quality Index) to measure sleep quality. The results of the k statistical test using the Spearman rank (rho) test showed a p value of 0.008 ($p \text{ value} < \alpha$) and a correlation (rho) of 0.412. These results show a relationship between anxiety and sleep quality in breast cancer patients. The mechanisms seen in anxiety disorders are, namely, increased physiological activation and blood pressure, cortisol production, increased perceptual awareness, rapid cognitive processing and faster motor response, resulting in a lack of drowsiness (Leblanc, 2015), which will lead to sleep efficiency. low sleep quality, waking up more frequently, increased sleep latency/difficulty starting sleep, waking up earlier and waking up frequently at night.

Therefore, the results of this study can be concluded that sufferers with anxiety tend to have poor sleep

patterns. The results of this study show that there is a relationship between anxiety and sleep quality, illustrating that the quality of sleep in hypertensive sufferers is quite strong/quite closely related to the anxiety experienced by hypertensive sufferers. Therefore, it is hoped that health workers will provide health education about the importance of managing anxiety so that it can improve sleep quality, especially for hypertension sufferers in the Pranggang Health Center UPTD working area.

CONCLUSION

The following are the results of research regarding the relationship between anxiety and sleep quality in hypertension sufferers at the UPTD Pranggang Health Center, Kediri Regency : Some respondents (47.5%) with 19 respondents experienced moderate anxiety. Almost all respondents (92.5%) or 37 people met the criteria for poor sleep quality. There is a relationship between anxiety and sleep quality in hypertension sufferers at the UPTD Pranggang Health Center. The resulting P value was 0.004. This means that the p value $< \alpha = 0.05$, with a positive correlation value of 0.451 which shows that there is a fairly strong correlation between anxiety and sleep quality, and there is a unidirectional relationship between the two variables so that it can be said that the more severe the anxiety of hypertensive sufferers, the worse the quality of sleep will be experienced.

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