

The Correlation between Coping Strategies and Anxiety in Hypertension Patients in Malang Regency, Indonesia

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ABSTRACT Good self-management in hypertension patients will reduce the risk of complications. This study's aim was to analyse the correlation of coping strategies on anxiety levels in hypertension patients. The study uses a cross-sectional study approach. The research has been conducted in Malang district, Indonesia, wherein a total sample of 108 participants was taken using simple random sampling. Research variables include anxiety and coping strategies. The data are collected using a questionnaire. The statistical test used is multiple linear regression analysis. The results show that there was a significant correlation of active coping (p-value = 0.005), planning (p-value = 0.041), suppression of competing activities (p-value = 0.007), restraint (p-value = 0.026), and the use of social support (p-value = 0.004) for anxiety in patients with hypertension. These results illustrate that improving coping strategies by focusing on problems through the use of active coping, planning, suppression of competing activities, restraint, and the use of social support influence is reducing anxiety in people with hypertension.