

## ABSTRAK

Judul : HUBUNGAN TEKANAN DARAH DENGAN KEMAMPUAN KOGNITIF PADA MAHASISWA FAKULTAS EKONOMI UNIVERSITAS PRIMA INDONESIA YANG BEKERJA PARUH WAKTU

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Mahasiswa yang bekerja paruh waktu sering menghadapi stres tambahan akibat beban ganda dari pekerjaan dan studi. Stres ini dapat mempengaruhi tekanan darah mereka. Penelitian ini mengkaji hubungan antara tekanan darah dengan kemampuan kognitif pada mahasiswa Fakultas Ekonomi Universitas Prima Indonesia yang bekerja paruh waktu. Penelitian ini menggunakan metode kuantitatif observasional dengan desain cross-sectional. Sampel penelitian diambil dengan teknik cluster sampling yang melibatkan 100 mahasiswa.

Tekanan darah diukur menggunakan sphygmomanometer, sementara kemampuan kognitif dinilai dengan DSST (*Digit Symbol Substitution Test*). Analisis data dilakukan menggunakan korelasi bivariat. Hasil analisis menunjukkan adanya hubungan signifikan antara tekanan darah dan kemampuan kognitif ( $p < 0,05$ ). Ditemukan korelasi negatif antara tekanan darah tinggi dengan skor MMSE, menunjukkan bahwa semakin tinggi tekanan darah, semakin rendah kemampuan kognitif mahasiswa yang bekerja paruh waktu.

Kata Kunci : DSST, Kemampuan kognitif, Tekanan darah tinggi

## ABSTRACT

*Title* : *THE RELATIONSHIP BETWEEN BLOOD PRESSURE AND COGNITIVE ABILITY IN STUDENT AT THE FACULTY OF ECONOMICS PRIMA INDONESIA UNIVERSITY WHO WORKS PART TIME*

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*Students who work part-time often face additional stress due to the double burden of work and study. This stress can affect their blood pressure. This study examines the relationship between blood pressure and cognitive ability in Faculty of Economics students at Prima Indonesia University who work part-time. This study used an observational quantitative method with a cross-sectional design. The research sample was taken using cluster sampling technique involving 100 students.*

*Blood pressure was measured using a sphygmomanometer, while cognitive ability was assessed with the DSST (Digit Symbol Substitution Test). Data were analyzed using bivariate correlation. The analysis showed a significant relationship between blood pressure and cognitive ability ( $p < 0.05$ ). A negative correlation was found between high blood pressure and MMSE score, indicating that the higher the blood pressure, the lower the cognitive ability of students who work part-time.*

*Keywords: DSST, Cognitive ability, High blood pressure*