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HUBUNGAN SELF MANAGEMENT BEHAVIOR DENGAN TINGKAT HIPERTENSI PADA PENDERITA TEKANAN DARAH TINGGI DI DESA SEMOWO KABUPATEN SEMARANG

ABSTRAK

Latar belakang : Penderita hipertensi harus bertanggungjawab dalam pengelolaan diri atau perawatan diri (*self management behavior*) baik untuk menurunkan gejala, mengontrol tekanan darah maupun menurunkan resiko hipertensi. *self management behavior* dilakukan karena dapat meningkatkan kepuasan pasien dalam menjalani hidup, menurunkan biaya perawatan, meningkatkan rasa percaya diri, kemandirian pasien, dan meningkatkan kualitas hidup pasien.

Tujuan : mengetahui hubungan *Self Management Behavior* dengan tingkat hipertensi pada penderita tekanan darah tinggi di Desa Semowo Kabupaten Semarang

Desain penelitian : Penelitian ini menggunakan *deskriptif korelasi* dengan pendekatan *cross sectional*. Populasi penelitian ini adalah 65 penderita hipertensi dengan jumlah sampel 40 responden menggunakan *purposive sampling*. Instumen yang digunakan adalah kuesioner *hypertension self management behavior questioner* (HSMBQ) dan lembar observasi (Data rekam medik). Data Analisis menggunakan uji *chi square*.

Hasil: *Self Management Behavior* pada penderita hiertensi sebagian besar dalam kategori cukup(47,5%), tingkat hipertensi pada penderita tekanan darah tinggi pada kategori hipertensi tingkat 2 (42,2%). Berdasarkan uji chi square menunjukkan nilai p value $0,000 < 0,05$ dengan r (-0,812) yang berarti ada korelasi negativ yang sangat kuat antara hubungan *self management behavior* dengan tingkat hipertensi pada penderita tekanan darah tinggi di Desa Semowo Kabupaten Semarang

Kesimpulan : ada hubungan *self management behavior* dengan tingkat hipertensi pada penderita tekanan darah tinggi di Desa Semowo Kabupaten Semarang

Saran : diharapkan penderita dapat sadar dan memiliki keinginan lebih untuk melakukan diet hipertensi, melakukan olahraga dengan teratur, mengurangi stress, dan bisa mengurangi perilaku merokok serta dapat memeriksa tekanan darah dan mengkonsumsi obat yang sudah diresepkan oleh petugas kesehatan.

Kata kunci : *self management behavior*, tingkat hipertensi, penderita tekanan darah tinggi

Kepustakaan : 30 (2010-2020)

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SELF MANAGEMENT BEHAVIOR RELATIONSHIP WITH HYPERTENSION LEVELS OF HIGH BLOOD PRESSURE PATIENTS IN SEMOWO VILLAGE, SEMARANG DISTRICT

ABSTRACT

Background: Patients with hypertension must be responsible for self-management both to reduce symptoms, control blood pressure and reduce the risk of hypertension. Self management behavior is carried out because it can increase patient satisfaction in live life, reduce treatment costs, increase self-confidence, patient independence, and improve the quality of life of patients.

Objective: to determine the relationship between *Self Management Behavior* and hypertension level in patients with high blood pressure in Semowo Village, Semarang Regency

Research design: descriptive correlation with cross sectional approach. The study population was 65 hypertension patients with a sample size of 40 respondents used purposive sampling. The instruments used were a hypertension self-management behavior questionnaire (HSMBQ) and an observation sheet (medical record data). Data analysis used the chi square test

Results: most of the self-management behavior of hypertensive patients was in the moderate category (47.5%), the level of hypertension in patients with high blood pressure was in the 2nd level of hypertension category (42.2%). Based on the chi square test, it shows the p value of 0.000 <0.05 with r (-0.812), which means that there is a very strong negative correlation between the relationship between self- management behavior and the level of hypertension in people with high blood pressure in Semowo Village, Semarang Regency.

Conclusion: there is a relationship between self management behavior and hypertension level in high blood pressure sufferers in Semowo Village, Semarang Regency

Suggestion: it is hoped that the patient will be aware of and have more desire to do a hypertensive diet, do regular exercise, reduce stress and reduce smoking behavior and can check blood pressure and consume drugs that have been prescribed by health workers

Key words : self management behavior, hypertension level, high blood pressure sufferer

Literature : 30 (2010-2020)