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Skripsi, Agustus 2023  
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**HUBUNGAN DUKUNGAN KELUARGA DENGAN *SELF-MANAGEMENT*  
PASIEN HIPERTENSI DI RSUD dr.GONDO SUWARNO**

**ABSTRAK**

**Latar belakang :** Hipertensi yang tidak terkontrol akan menyebabkan komplikasi. Penatalaksanaan hipertensi harus dilakukan untuk mengurangi komplikasi yang akan terjadi dan harus dilakukan dalam jangka yang panjang dan terus menerus. Upaya pencegahan komplikasi ini dapat dilakukan dengan *self management*. Pelaksanaan *self management* hipertensi ini dipengaruhi oleh beberapa hal seperti literasi kesehatan, pengetahuan dan dukungan keluarga.

**Tujuan :** untuk mengetahui hubungan dukungan keluarga dengan *self management* hipertensi

**Metode :** kuantitatif korelasional dengan rancangan *cross sectional*. Populasi berjumlah 48 pasien hipertensi, teknik sampel menggunakan *total sampling*. Alat pengumpulan data menggunakan kuesioner dukungan keluarga dan *Hypertension self-management behavior questionnaire* (HSMBQ). Analisa data menggunakan uji *Kendall Tau*

**Hasil:** Dukungan keluarga sebagian besar dalam kategori baik sebanyak 18 responden (37,5%) dan *self-management* hipertensi sebagian besar dalam kategori baik sebanyak 22 responden (45,8%), hasil uji *Kendall Tau* didapatkan *p value* 0,001 dengan nilai korelasi 0,420 yang berarti ada hubungan signifikan cukup antara dukungan keluarga dengan *self-management* hipertensi di RSUD dr.Gondo Suwarno Ungaran

**Saran:** Diharapkan keluarga memberikan dukungan pada penderita hipertensi sehingga mampu memotivasi diri untuk meningkatkan *self-management*

Kata kunci : dukungan keluarga, *self-management*, hipertensi  
Kepustakaan : 55 (2015-2022)

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**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND  
HYPERTENSION SELF MANAGEMENT AT dr. GONDO SUWARNO  
HOSPITAL**

**ABSTRACT**

**Background :** Uncontrolled hypertension will cause complications. Management of hypertension must be done to reduce complications that will occur and must be carried out in the long term and continuously. Efforts to prevent these complications can be done with self-management. The implementation of hypertension self-management is influenced by several things such as health literacy, knowledge and family support..

**Objective:** to determine the relationship between family support and self-management of hypertension

**Method :** correlational quantitative with cross sectional design. The population is 48 hypertensive patients, the sample technique used total sampling. Data collection tools used the family support questionnaire and the Hypertension self-management behavior questionnaire (HSMBQ). Data analysis used the Kendall Tau test.

**Results:** Family support was mostly in the good category by 18 respondents (37.5%) and hypertension self-management was mostly in the good category by 22 respondents (45.8%), the results of the Kendall Tau test obtained a p value of 0.001 with a correlation value of 0.420 which means there is a relationship Significantly enough between family support and self-management of hypertension at Dr.Gondo Suwarno Ungaran Hospital

**Suggestion:** It is expected that Family give support to hypertension sufferers. It is expected that family give support to hypertention sufferers so can motivate themselves to improve self-management.

Keywords : Family support, self management, hypertension  
Literature : 55 (2015-2022)