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HUBUNAN SELF EFFICACY DENGAN SELF CARE MANAGEMENT PADA PENDERITA HIPERTENSI

ABSTRAK

Latar Belakang : Hipertensi merupakan salah satu penyakit tidak menular, namun berbahaya dan mendapatkan julukan *The Silent Killer*. Tingginya angka hipertensi yang mempengaruhi kualitas hidup dan kurangnya *self efficacy* dalam diri individu yang menyebabkan kurangnya *self care management* sehingga menyebabkan terjadinya komplikasi lanjutan. Tujuan penelitian ini adalah untuk mengetahui hubungan *self efficacy* dengan *self care management* pada penderita hipertensi di Puskesmas Bawen.

Metode : Desain penelitian ini deskriptif korelatif dengan pendekatan *cross sectional*. Populasi adalah anggota prolanis yang ada di Puskesmas Bawen dengan teknik acidental sampling jumlah sampel sebanyak 80 responden. Instrumen yang digunakan adalah kuesioner *self care manegemen* diukur menggunakan *Hypertension Self Management Behavior Questionnaire* (HSMBQ) dan *self efficacy* menggunakan instrumen *General Self Efficacy* (GSE). Analisis data yang diunakan adalah *Rank Spearman Rho*.

Hasil : Sebagian besar penderita hipertensi di Puskesmas Bawen memiliki *self efficacy* yang baik 52 responden (65%), *self care management* yang cukup 44 responden (55%). Hasil uji spearman menunjukkan nilai $p \text{ value} = 0,000 < \alpha (0,05)$ dan nilai $r = 0,640$ yang diartikan ada hubungan signifikan *self efficacy* dengan *self care management* pada penderita hipertensi di Puskesmas Bawen

Simpulan : Ada hubungan signifikan *self efficacy* dengan *self care management* pada penderita hipertensi di puskesmas bawen.

Saran : Diharapkan responden dapat menerapkan *self care management* dengan baik yaitu dengan melakukan pemeriksaan rutin, patuh penobatan hipertensi serta menerapkan perilaku hidup sehat.

Kata Kunci : *self efficacy*, *self care management*, hipertensi

Referensi : 62 (2012-2023)

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The Relationship Between Self Efficacy And Self Care Management In Hypertension Sufferers

ABSTRACT

Background : Hypertension is a non-communicable disease, but it is dangerous and has earned the nickname The Silent Killer. The high rate of hypertension which affects the quality of life and the lack of self-efficacy in individuals which causes a lack of self-care management, thus causing further complications. The purpose of this research is to determine the relationship between self-efficacy and self-care management in hypertension sufferers at the Bawen Community Health Center.

Method : This research design is descriptive correlative with a cross-sectional approach. The population is patients members at the Bawen Community Health Center using an incidental sampling technique with a sample size of 80 respondents. The instrument used was a self-care management questionnaire measure using the Hypertension Self Management Behavior Questionnaire (HSMBQ) and Self-efficacy using the instrument General Self Efficacy (GSE). The data analysis used is rank Spearman rho.

Result: The majority of hypertension sufferers at the Bawen Community Health Center have good self-efficacy 52 respondents (65%), adequate self-care management 44 respondents (55%). Spearman test results show a p value = 0,000 < α (0,05) and an r value = 0,640 which means there is a significant relationship between self-efficacy and self-care management in hypertension sufferers at the Bawen Community Health Center.

Conclusion : There is a significant relationship between self-efficacy and self-care management in hypertension sufferers at the Bawen Community Health Center.

Suggestion : It is hoped that respondents can implement self-care management well, namely by carrying out routine examinations, complying with hypertension treatment and implementing healthy living behavior.

Keywords : Self-efficacy, self-care management, hypertension

References : 62 (2012-2023)