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**HUBUNGAN MOTIVASI DENGAN *SELF-CARE MANAGEMENT* PADA
LANSIA HIPERTENSI DI PUSKESMAS TENGARAN**

ABSTRAK

Latar belakang: Hipertensi merupakan penyakit kronis yang banyak dialami lansia dan memerlukan pengelolaan berkelanjutan melalui *self-care management* untuk mencegah komplikasi. Namun, pelaksanaan *self-care management* pada lansia sering belum optimal. Motivasi merupakan faktor internal yang berperan penting dalam mendorong keterlibatan lansia dalam menjalankan perawatan diri secara konsisten.

Tujuan: Penelitian bertujuan untuk menganalisis hubungan motivasi terhadap *self-care management* pada lansia dengan hipertensi di Puskesmas Tenganan

Metode: Penelitian ini adalah kuantitatif dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini berjumlah 79 lansia dengan hipertensi, dan seluruh populasi dijadikan sampel menggunakan teknik total sampling. Pengumpulan data menggunakan kuesioner HBP-SCP *Motivation Scale* dan HBP-SCP *Behaviour Scale*. Analisis data dilakukan menggunakan uji korelasi *Spearman Rank*.

Hasil: Hasil penelitian menunjukkan sebagian besar lansia memiliki tingkat motivasi pada kategori sedang sebanyak 58 responden (73,4%) dan *self-care management* juga pada kategori sedang sebanyak 63 responden (79,7%). Hasil uji spearman rank menunjukkan terdapat hubungan antara motivasi dengan *self-care management* pada lansia dengan hipertensi di Puskesmas Tenganan ($p\text{-value} = 0,000$ dan $r = 0,422$) yang menunjukkan adanya hubungan positif dengan kekuatan sedang.

Kesimpulan: Terdapat hubungan yang signifikan antara motivasi dan *self-care management* pada lansia hipertensi di Puskesmas Tenganan. Oleh karena itu meningkatkan motivasi pada lansia dengan hipertensi perlu dilakukan.

Kata Kunci: *Lansia, Hipertensi, Motivasi, Self-Care Management*

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**THE RELATIONSHIP BETWEEN MOTIVATION AND SELF-CARE
MANAGEMENT AMONG OLDER ADULTS WITH HYPERTENSION AT
TENGARAN PUBLIC HEALTH CENTER**

ABSTRAK

Background: Hypertension is a chronic disease commonly experienced by the elderly and requires continuous management through self-care management to prevent complications. However, the implementation of self-care management among the elderly is often not optimal. Motivation is an internal factor that plays an important role in encouraging elderly individuals to consistently engage in self-care behaviors.

Objective: This study aimed to analyze the relationship between motivation and self-care management among elderly with hypertension at Tengar Primary Health Center.

Methods: This study employed a quantitative design with a cross-sectional approach. The population consisted of 79 elderly individuals with hypertension, and all participants were included as samples using a total sampling technique. Data were collected using the HBP-SCP Motivation Scale and HBP-SCP Behaviour Scale questionnaires. Data analysis was conducted using Spearman Rank correlation test.

Results: The results showed that most elderly participants had moderate motivation (58 respondents; 73.4%) and moderate self-care management (63 respondents; 79.7%). Spearman Rank test indicated a significant relationship between motivation and self-care management ($p\text{-value} = 0.000$; $r = 0.422$), showing a positive correlation with moderate strength.

Conclusion: There is a significant relationship between motivation and self-care management among elderly with hypertension at Tengar Primary Health Center. Therefore, improving motivation in elderly with hypertension is necessary.

Keywords: Elderly, Hypertension, Motivation, Self-Care Management