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Skripsi, 3 Februari 2026
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**HUBUNGAN PEMBERIAN KONSELING PERAWAT DENGAN SELF
MANAGEMENT PASIEN HIPERTENSI DI RSUD dr. GONDO
SUWARNO UNGARAN**

ABSTRAK

Latar Belakang : Hipertensi adalah penyakit kronis yang memerlukan pengelolaan berkelanjutan karena berisiko menimbulkan komplikasi serius seperti stroke, penyakit jantung, dan gagal ginjal. Pengendalian tekanan darah tidak hanya bergantung pada obat, tetapi juga pada kemampuan pasien melakukan self-management, termasuk kepatuhan minum obat, pola makan sehat, aktivitas fisik, manajemen stres, dan pemantauan tekanan darah. Perawat berperan penting dalam mendukung hal tersebut melalui edukasi dan konseling yang terarah dan berkesinambungan.

Tujuan : Mengetahui hubungan antara peran perawat dalam pemberian konseling dengan self management pasien hipertensi.

Metode : Penelitian ini merupakan studi kuantitatif korelasional dengan pendekatan *cross-sectional* menggunakan Teknik total sampling sebanyak 41 responden. Data dikumpulkan menggunakan kuesioner mengenai pemberian konseling perawat dan kuesioner self-management hipertensi yang meliputi pengelolaan obat, pemantuan tekanan darah, diet, aktivitas fisik, serta manajemen stress dan gaya hidup. Instrumen penelitian telah melalui uji validitas dan reliabilitas, dengan nilai r -hitung $>$ dari r -tabel (0,361) dan nilai Cronbach's Alpha di atas 0,70 sehingga reliabel. Analisis dilakukan secara univariat menggunakan bivariat menggunakan uji Chi-Square.

Hasil : Sebagian besar pemberian konseling perawat berada pada kategori baik sebanyak 26 responden (63,4%). Kemampuan self-management pasien sebagian besar berada pada kategori cukup sebanyak 23 responden (56,1%). Uji Chi-Square menunjukkan adanya hubungan yang bermakna antara pemberian konseling perawat dengan self-management pasien hipertensi ($p = 0,000$).

Kesimpulan : Kualitas konseling yang diberikan perawat berkontribusi terhadap peningkatan kemampuan pasien dalam mengelola hipertensi secara mandiri.

Kata Kunci : Hipertensi, peran perawat, konseling, self management

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Bachelor of Nursing Study Program
Thesis, 3 February 2026
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**THE RELATIONSHIP BETWEEN NURSE-LED COUNSELING AND
SELF-MANAGEMENT AMONG HYPERTENSIVE PATIENTS AT RSUD
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ABSTRACT

Background : Hypertension is a chronic disease that requires continuous management because it may lead to serious complications such as stroke, coronary heart disease, and kidney failure. Blood pressure control does not rely solely on medication, but also on the patient's ability to perform self-management. Self-management includes medication adherence, following a low-salt diet, engaging in regular physical activity, managing stress, and monitoring blood pressure independently at home. In this context, nurses play an important role through structured and continuous education and counseling.

Objective : To determine the relationship between nurse-led counseling and self-management among hypertensive patients.

Methods : This study employed a quantitative correlational design with a cross-sectional approach, using a total sampling technique involving 41 respondents. Data were collected using questionnaires on nurses' counseling provision and a hypertension self-management questionnaire covering medication management, blood pressure monitoring, diet, physical activity, stress management, and lifestyle modification. The research instruments had undergone validity and reliability testing, with r-count values greater than the r-table value (0.361) and Cronbach's Alpha coefficients above 0.70, indicating that the instruments were reliable. Data analysis was conducted using univariate analysis and bivariate analysis with the Chi-Square test.

Results : The findings showed that most nurse counseling roles were categorized as good, while patients' self-management abilities were mostly in the moderate category. There was a significant relationship between nurse-led counseling and self-management among hypertensive patients ($p = 0.000$).

Conclusion : The quality of counseling provided by nurses contributes to improving patients' ability to manage hypertension independently.

Keywords : Hypertension, nurse role, counseling, self-management