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HUBUNGAN *SELF EFFICACY* DENGAN KUALITAS HIDUP PADA LANSIA PENDERITA HIPERTENSI DI DESA LEMAH IRENG

ABSTRAK

Latar Belakang: Hipertensi merupakan masalah kesehatan masyarakat yang signifikan, terutama pada lansia, karena berisiko menimbulkan komplikasi kardiovaskular dan menurunkan kualitas hidup. Prevalensi hipertensi lansia di Desa Lemah Ireng, Kecamatan Bawen, tergolong tinggi. Namun, faktor yang memengaruhi kualitas hidup lansia hipertensi, termasuk *self-efficacy*, belum banyak dikaji secara lokal. Studi pendahuluan menunjukkan fenomena bahwa lansia dengan *self-efficacy* rendah tetap melaporkan kualitas hidup baik, mengindikasikan kemungkinan peran faktor lain seperti dukungan sosial.

Tujuan: Menganalisis hubungan antara *self-efficacy* dan kualitas hidup lansia penderita hipertensi di Desa Lemah Ireng.

Metode: Penelitian ini merupakan studi analitik korelasional dengan pendekatan cross-sectional yang dilaksanakan pada 23–27 Desember 2025 di Desa Lemah Ireng, Kecamatan Bawen, Kabupaten Semarang. Dari populasi 769 lansia hipertensi, diperoleh sampel 88 responden menggunakan rumus Slovin dengan teknik purposive sampling sesuai kriteria inklusi dan eksklusi. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan uji *Spearman's rho*.

Hasil: Sebagian besar responden memiliki self-efficacy kategori sedang (52,3%) dan kualitas hidup baik (58%). Uji Spearman menunjukkan hubungan signifikan antara self-efficacy dan kualitas hidup ($\rho = 0{,}501$; $p = 0{,}000$), dengan arah korelasi positif dan kekuatan sedang.

Saran: Disarankan untuk meningkatkan program pemberdayaan dan dukungan psikososial guna meningkatkan *self-efficacy* lansia, sehingga kualitas hidup ikut meningkat.

Kata Kunci : *Self Efficacy*, Kualitas Hidup, Lansia, Hipertensi

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THE RELATIONSHIP BETWEEN SELF-EFFICACY AND QUALITY OF LIFE IN ELDERLY HYPERTENSIVE PATIENTS IN LEMAH IRENG VILLAGE

ABSTRACT

Background: Hypertension is a significant public health problem, particularly among older adults, as it increases the risk of cardiovascular complications and reduces quality of life. The prevalence of hypertension among older adults in Lemah Ireng Village, Bawen Subdistrict, is relatively high. However, factors influencing the quality of life of older adults with hypertension, including self-efficacy, have not been widely explored at the local level. Preliminary findings revealed that some older adults with low self-efficacy still reported good quality of life, suggesting the possible influence of other factors such as social support.
Objective: To analyze the relationship between self-efficacy and quality of life among older adults with hypertension in Lemah Ireng Village.
Methods: This study employed an analytic correlational design with a cross-sectional approach conducted on December 23–27, 2025, in Lemah Ireng Village, Bawen Subdistrict, Semarang Regency. From a population of 769 older adults with hypertension, a sample of 88 respondents was obtained using the Slovin formula and purposive sampling technique based on inclusion and exclusion criteria. Data were collected through questionnaires and analyzed using Spearman's rho test.
Results: Most respondents had a moderate level of self-efficacy (52.3%) and good quality of life (58%). Spearman's test indicated a significant relationship between self-efficacy and quality of life ($\rho = 0.501$; $p = 0.000$), showing a positive correlation with moderate strength.
Recommendation: It is recommended to strengthen empowerment programs and psychosocial support to enhance older adults' self-efficacy, thereby improving their quality of life.

Keywords: Self-Efficacy, Quality of Life, Older Adults, HypertensionLife, Elderly, Hypertension.