

# LAMPIRAN

## Lampiran 1 Lembar Permohonan Menjadi Responden

### LEMBAR PERMOHONAN MENJADI RESPONDEN

Kepada

Yth. Responden

di

Tempat

Dengan hormat, saya yang bertanda tangan dibawah ini :

Nama : Ani Nuraeni

NIM : 231FK10015

Pekerjaan : Mahasiswa Prodi Sarjana Keperawatan

Universitas Bhakti Kencana PSDKU Tasikmalaya

Bersama ini saya mengajukan permohonan kepada Saudara untuk bersedia menjadi responden dalam penelitian saya yang berjudul “**HUBUNGAN *SELF CARE MANAGEMENT* DENGAN *SELF EFFICACY* PADA PENDERITA HIPERTENSI DI RSUD DR SOEKARDJO**” yang pengumpulan datanya akan dilaksanakan pada bulan Januari – Februari 2025. Adapun tujuan dari penelitian ini adalah untuk mengetahui hubungan antara *self care management* dengan *self efficacy* pada penderita hipertensi di UPTD KHUSUS RSUD dr. Soekardjo Kota Tasikmalaya. Saya akan tetap menjaga segala kerahasiaan data maupun informasi yang diberikan.

Demikian surat permohonan ini disampaikan, atas perhatian, kerjasama dari kesediannya saya mengucapkan terimakasih.

Tasikmalaya, Januari 2025

Peneliti,

Ani Nuraeni

NIM. 231FK10015

## **Lampiran 2 Lembar Persetujuan Menjadi Responden**

### **LEMBAR PERSETUJUAN MENJADI RESPONDEN**

Saya yang bertanda tangan dibawah ini :

Nama :

Jenis Kelamin :

Pekerjaan :

Alamat :

Setelah membaca Lembar Permohonan Menjadi Responden yang diajukan oleh saudari Ani Nuraeni, Mahasiswa semester VIII Program Studi Sarjana Keperawatan Universitas Bhakti Kencana PSDKU Tasikmalaya. Maka dengan ini saya menyatakan bersedia menjadi responden dalam penelitian tersebut, secara sukarela dan tanpa ada unsur paksaan dari siapapun.

Demikian persetujuan ini saya berikan agar dapat digunakan sebagaimana mestinya.

Tasikmalaya, Januari 2025

Responden,

(.....)

### Lampiran 3 Kuesioner Penelitian

#### KUESIONER PERILAKU MANAJEMEN PERAWATAN DIRI HIPERTENSI (HSMBQ)

##### Petunjuk

Kuesioner ini bertujuan untuk menilai seberapa sering anda melakukan aktifitas untuk mengontrol hipertensi dalam beberapa bulan terakhir. Tidak ada jawaban benar atau salah. Karenanya, jawablah secara jujur pada masing-masing pernyataan untuk menggambarkan perilaku Anda yang sebenarnya dengan memberikan tanda silang (x) pada kolom yang sesuai.

Gunakan 4 pilihan jawaban sbb:

1= Tidak pernah (Saya tidak pernah melakukan perilaku ini)  
2= Jarang (Saya jarang melakukan perilaku ini)

3= Kadang-kadang (Saya kadang-kadang melakukan perilaku ini)  
4= Selalu (Saya selalu melakukan perilaku ini)

N/A= Tidak dilakukan (Perilaku ini tidak saya lakukan dalam hidup saya)Contoh:

| No | Perilaku Manajemen Diri Pada Hipertensi                                                                              | 1 | 2 | 3 | 4 | NA |
|----|----------------------------------------------------------------------------------------------------------------------|---|---|---|---|----|
| 1  | Saya makan buah, sayur, gandum, dan kacang-kacangan lebih dari yang saya makan saat saya tidak mengalami hipertensi. |   |   |   | X |    |

Kalau Anda menjawab (x) pada kolom 4, itu artinya Anda selalu makan buah, sayur, gandum, dan kacang-kacangan lebih dari apa yang Anda makan sebelum Anda didiagnosa hipertensi.

Sekarang, berikan jawaban pada tiap pernyataan berikut sesuai dengan kondisi yang nyata dalam hidup Anda.

| No                           | Perilaku Manajemen Diri Pada Hipertensi                            | 1 | 2 | 3 | 4 | NA |
|------------------------------|--------------------------------------------------------------------|---|---|---|---|----|
| <b><i>Integrasi diri</i></b> |                                                                    |   |   |   |   |    |
| 1                            | Saya mempertimbangkan porsi dan pilihan makanan ketika saya makan. |   |   |   |   |    |

|    |                                                                                                                                                              |  |  |  |  |  |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|
| 2  | Saya makan buah, sayur, gandum, dan kacang-kacangan lebih banyak dari yang saya makan saat saya tidak mengalami hipertensi.                                  |  |  |  |  |  |
| 3  | Saya mengurangi makanan yang mengandung lemak jenuh (misalnya keju, minyak kelapa, daging kambing, dll) semenjak didiagnosa hipertensi.                      |  |  |  |  |  |
| 4  | Saya memikirkan tekanan darah saya saat memilih makanan.                                                                                                     |  |  |  |  |  |
| 5  | Saya mencoba berhenti minum minuman beralkohol.                                                                                                              |  |  |  |  |  |
| 6  | Saya mengurangi jumlah makanan setiap kali saya makan untuk menurunkan berat badan.                                                                          |  |  |  |  |  |
| 7  | Saya memilih makanan rendah garam.                                                                                                                           |  |  |  |  |  |
| 8  | Saya berolahraga untuk menurunkan berat badan (misalnya jalan, jogging / lari, atau bersepeda) sekitar 30-60 menit setiap hari.                              |  |  |  |  |  |
| 9  | Saya berpikir bahwa hipertensi adalah bagian dari hidup saya.                                                                                                |  |  |  |  |  |
| 10 | Saya melakukan rutinitas saya sesuai dengan hal-hal yang harus saya lakukan untuk mengontrol hipertensi saya (misalnya pekerjaan dan pemeriksaan ke dokter). |  |  |  |  |  |
| 11 | Saya berhenti merokok / saya mencoba berhenti merokok.                                                                                                       |  |  |  |  |  |
| 12 | Saya mencoba mengontrol emosi saya dengan mendengarkan musik, istirahat dan berbicara dengan keluarga atau teman saya.                                       |  |  |  |  |  |

| No                                                   | Perilaku Manajemen Diri Pada Hipertensi                                                                                               | 1 | 2 | 3 | 4 | NA |
|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|----|
| 13                                                   | Saya tidak pernah menggunakan garam yang berlebih untuk membumbui makanan semenjak saya terkena hipertensi.                           |   |   |   |   |    |
| <b>Regulasi diri</b>                                 |                                                                                                                                       |   |   |   |   |    |
| 14                                                   | Saya mengetahui kenapa tekanan darah saya berubah.                                                                                    |   |   |   |   |    |
| 15                                                   | Saya mengenali tanda dan gejala tekanan darah tinggi.                                                                                 |   |   |   |   |    |
| 16                                                   | Saya mengontrol tanda dan gejala hipertensi dengan tepat.                                                                             |   |   |   |   |    |
| 17                                                   | Saya mengenali tanda dan gejala tekanan darah rendah.                                                                                 |   |   |   |   |    |
| 18                                                   | Saya mengontrol tanda dan gejala hipotensi (tekanan darah rendah) dengan tepat.                                                       |   |   |   |   |    |
| 19                                                   | Saya menentukan tujuan saya untuk mengontrol tekanan darah.                                                                           |   |   |   |   |    |
| 20                                                   | Saya membuat rencana tindakan untuk mencapai tujuan saya mengontrol tekanan darah.                                                    |   |   |   |   |    |
| 21                                                   | Saya membandingkan tekanan darah saya saat ini dengan tekanan darah yang saya targetkan (inginkan).                                   |   |   |   |   |    |
| 22                                                   | Saya mengontrol keadaan yang mungkin dapat meningkatkan tekanan darah saya.                                                           |   |   |   |   |    |
| <b>Interaksi dengan tenaga kesehatan dan lainnya</b> |                                                                                                                                       |   |   |   |   |    |
| 23                                                   | Saya mendiskusikan rencana pengobatan saya dengan dokter atau perawat.                                                                |   |   |   |   |    |
| 24                                                   | Saya memberikan masukan pada dokter untuk mengubah rencana pengobatan jika saya tidak bisa menyesuaikan diri dengan rencana tersebut. |   |   |   |   |    |
| 25                                                   | Saya bertanya pada dokter atau perawat ketika ada hal-hal yang tidak saya pahami.                                                     |   |   |   |   |    |
| 26                                                   | Saya membantu dokter atau perawat mencari tahu kenapa tekanan darah saya tidak terkontrol dengan baik.                                |   |   |   |   |    |
| 27                                                   | Saya mendiskusikan dengan dokter atau perawat saat tekanan darah saya terlalu tinggi atau rendah.                                     |   |   |   |   |    |
| No                                                   | Perilaku Manajemen Diri Pada Hipertensi                                                                                               | 1 | 2 | 3 | 4 | NA |

|                                                         |                                                                                                                                            |  |  |  |  |  |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|
| 28                                                      | Saya bertanya pada dokter atau perawat darimana saya bisa belajar lebih jauh tentang hipertensi.                                           |  |  |  |  |  |
| 29                                                      | Saya meminta bantuan orang lain (misal teman, tetangga atau pasien lain) terkait hipertensi yang saya alami.                               |  |  |  |  |  |
| 30                                                      | Saya meminta bantuan orang lain (misal teman, tetangga atau pasien lain) untuk membantu mengontrol tekanan darah saya.                     |  |  |  |  |  |
| 31                                                      | Saya bertanya pada orang lain (misal teman, tetangga atau pasien lain) apa cara yang mereka gunakan untuk mengontrol tekanan darah tinggi. |  |  |  |  |  |
| <b><i>Pemantauan tekanan darah</i></b>                  |                                                                                                                                            |  |  |  |  |  |
| 32                                                      | Saya pergi ke dokter untuk mengecek tekanan darah saya saat merasakan tanda dan gejala tekanan darah tinggi.                               |  |  |  |  |  |
| 33                                                      | Saya pergi ke dokter untuk mengetahui tekanan darah saya saat saya merasa sakit.                                                           |  |  |  |  |  |
| 34                                                      | Saya pergi ke dokter untuk mengecek tekanan darah saya saat merasakan tanda dan gejala tekanan darah rendah.                               |  |  |  |  |  |
| 35                                                      | Saya mengecek tekanan darah saya secara teratur untuk membantu saya membuat keputusan manajemen diri.                                      |  |  |  |  |  |
| <b><i>Kepatuhan terhadap aturan yang dianjurkan</i></b> |                                                                                                                                            |  |  |  |  |  |
| 36                                                      | Saya sangat ketat dalam minum obat anti-hipertensi.                                                                                        |  |  |  |  |  |
| 37                                                      | Saya minum obat anti-hipertensi sesuai dengan dosis yang diberikan dokter.                                                                 |  |  |  |  |  |
| 38                                                      | Saya minum obat anti-hipertensi dalam waktu yang benar.                                                                                    |  |  |  |  |  |
| 39                                                      | Saya periksa ke dokter sesuai dengan waktu yang dijadwalkan.                                                                               |  |  |  |  |  |
| 40                                                      | Saya mengikuti saran dokter atau perawat dalam mengontrol tekanan darah saya.                                                              |  |  |  |  |  |

## KUESIONER

### *Self-efficacy to Manage Hypertension-Five Item Scale*

1. Memiliki tekanan darah tinggi seringkali berarti melakukan berbagai tugas dan aktivitas untuk mengelola kondisi anda. Seberapa yakin anda dapat melakukan semua hal yang diperlukan untuk mengelola tekanan darah tinggi secara teratur?
  2. Seberapa yakin anda bahwa anda dapat menilai ketika perubahan tekanan darah tinggi anda berarti anda harus mengunjungi dokter?
  3. Seberapa yakin anda bahwa anda dapat melakukan berbagai tugas dan aktivitas yang diperlukan untuk mengelola tekanan darah tinggi untuk mengurangi kebutuhan anda ke dokter?
  4. Seberapa yakin anda dapat mengurangi tekanan emosi akibat tekanan darah tinggi sehingga tidak mempengaruhi kehidupan sehari-hari?
  5. Seberapa yakin anda bahwa anda dapat melakukan hal-hal selain hanya minum obat untuk mengurangi seberapa besar tekanan darah tinggi anda mempengaruhi kehidupan sehari-hari?
- Opsi tanggapan berkisar dari 1 (tidak yakin sama sekali) hingga 10 (sangat yakin).



#### Lampiran 4 Hasil UJI SPSS

##### USIA

|       |                          | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------|-----------|---------|---------------|--------------------|
| Valid | Dewasa awal 25-35 tahun  | 11        | 19.0    | 19.0          | 19.0               |
|       | Dewasa akhir 36-45 tahun | 11        | 19.0    | 19.0          | 37.9               |
|       | Lansia awal 46-55 tahun  | 16        | 27.6    | 27.6          | 65.5               |
|       | Lansia akhir 56-65 tahun | 20        | 34.5    | 34.5          | 100.0              |
|       | Total                    | 58        | 100.0   | 100.0         |                    |

##### JENIS KELAMIN

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | Laki-laki | 24        | 41.4    | 41.4          | 41.4               |
|       | Perempuan | 34        | 58.6    | 58.6          | 100.0              |
|       | Total     | 58        | 100.0   | 100.0         |                    |

##### PENDIDIKAN

|       |                 | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------------|-----------|---------|---------------|--------------------|
| Valid | SD              | 12        | 20.7    | 20.7          | 20.7               |
|       | SMP             | 13        | 22.4    | 22.4          | 43.1               |
|       | SMA             | 19        | 32.8    | 32.8          | 75.9               |
|       | Sarjana/Diploma | 14        | 24.1    | 24.1          | 100.0              |
|       | Total           | 58        | 100.0   | 100.0         |                    |

## PEKERJAAN

|       |            | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | IRT        | 22        | 37.9    | 37.9          | 37.9               |
|       | Wiraswasta | 16        | 27.6    | 27.6          | 65.5               |
|       | Swasta     | 11        | 19.0    | 19.0          | 84.5               |
|       | PNS        | 9         | 15.5    | 15.5          | 100.0              |
|       | Total      | 58        | 100.0   | 100.0         |                    |
|       |            |           |         |               |                    |

**Jenis Kelamin \* Self Care Management Crosstabulation**

|               |                               | Self Care Management          |        |        |        |        |
|---------------|-------------------------------|-------------------------------|--------|--------|--------|--------|
|               |                               | Baik                          | Cukup  | Kurang | Total  |        |
| Jenis Kelamin | Laki-laki                     | Count                         | 5      | 5      | 14     | 24     |
|               |                               | Expected Count                | 5.0    | 5.8    | 13.2   | 24.0   |
|               |                               | % within Jenis Kelamin        | 20.8%  | 20.8%  | 58.3%  | 100.0% |
|               |                               | % within Self Care Management | 41.7%  | 35.7%  | 43.8%  | 41.4%  |
|               |                               | % of Total                    | 8.6%   | 8.6%   | 24.1%  | 41.4%  |
|               | Perempuan                     | Count                         | 7      | 9      | 18     | 34     |
|               |                               | Expected Count                | 7.0    | 8.2    | 18.8   | 34.0   |
|               |                               | % within Jenis Kelamin        | 20.6%  | 26.5%  | 52.9%  | 100.0% |
|               |                               | % within Self Care Management | 58.3%  | 64.3%  | 56.3%  | 58.6%  |
|               |                               | % of Total                    | 12.1%  | 15.5%  | 31.0%  | 58.6%  |
| Total         | Count                         | 12                            | 14     | 32     | 58     |        |
|               | Expected Count                | 12.0                          | 14.0   | 32.0   | 58.0   |        |
|               | % within Jenis Kelamin        | 20.7%                         | 24.1%  | 55.2%  | 100.0% |        |
|               | % within Self Care Management | 100.0%                        | 100.0% | 100.0% | 100.0% |        |
|               | % of Total                    | 20.7%                         | 24.1%  | 55.2%  | 100.0% |        |

**Usia \* Self Care Management Crosstabulation**

|       |             |                               | <i>Self Care Management</i> |        |        | Total  |
|-------|-------------|-------------------------------|-----------------------------|--------|--------|--------|
|       |             |                               | Baik                        | Cukup  | Kurang |        |
| Usia  | 26-35 tahun | Count                         | 1                           | 5      | 5      | 11     |
|       |             | Expected Count                | 2.3                         | 2.7    | 6.1    | 11.0   |
|       |             | % within Usia                 | 9.1%                        | 45.5%  | 45.5%  | 100.0% |
|       |             | % within Self Care Management | 8.3%                        | 35.7%  | 15.6%  | 19.0%  |
|       |             | % of Total                    | 1.7%                        | 8.6%   | 8.6%   | 19.0%  |
|       | 36-45 tahun | Count                         | 3                           | 1      | 7      | 11     |
|       |             | Expected Count                | 2.3                         | 2.7    | 6.1    | 11.0   |
|       |             | % within Usia                 | 27.3%                       | 9.1%   | 63.6%  | 100.0% |
|       |             | % within Self Care Management | 25.0%                       | 7.1%   | 21.9%  | 19.0%  |
|       |             | % of Total                    | 5.2%                        | 1.7%   | 12.1%  | 19.0%  |
|       | 46-55 tahun | Count                         | 3                           | 2      | 11     | 16     |
|       |             | Expected Count                | 3.3                         | 3.9    | 8.8    | 16.0   |
|       |             | % within Usia                 | 18.8%                       | 12.5%  | 68.8%  | 100.0% |
|       |             | % within Self Care Management | 25.0%                       | 14.3%  | 34.4%  | 27.6%  |
|       |             | % of Total                    | 5.2%                        | 3.4%   | 19.0%  | 27.6%  |
|       | 56-65 tahun | Count                         | 5                           | 6      | 9      | 20     |
|       |             | Expected Count                | 4.1                         | 4.8    | 11.0   | 20.0   |
|       |             | % within Usia                 | 25.0%                       | 30.0%  | 45.0%  | 100.0% |
|       |             | % within Self Care Management | 41.7%                       | 42.9%  | 28.1%  | 34.5%  |
|       |             | % of Total                    | 8.6%                        | 10.3%  | 15.5%  | 34.5%  |
| Total |             | Count                         | 12                          | 14     | 32     | 58     |
|       |             | Expected Count                | 12.0                        | 14.0   | 32.0   | 58.0   |
|       |             | % within Usia                 | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|       |             | % within Self Care Management | 100.0%                      | 100.0% | 100.0% | 100.0% |
|       |             | % of Total                    | 20.7%                       | 24.1%  | 55.2%  | 100.0% |

**Pendidikan \* Self Care Management Crosstabulation**

|            |                               |                               | <i>Self Care Management</i> |        |        | Total  |
|------------|-------------------------------|-------------------------------|-----------------------------|--------|--------|--------|
|            |                               |                               | Baik                        | Cukup  | Kurang |        |
| Pendidikan | Sarjana/Diploma               | Count                         | 3                           | 4      | 7      | 14     |
|            |                               | Expected Count                | 2.9                         | 3.4    | 7.7    | 14.0   |
|            |                               | % within Pendidikan           | 21.4%                       | 28.6%  | 50.0%  | 100.0% |
|            |                               | % within Self Care Management | 25.0%                       | 28.6%  | 21.9%  | 24.1%  |
|            |                               | % of Total                    | 5.2%                        | 6.9%   | 12.1%  | 24.1%  |
|            | SD                            | Count                         | 2                           | 3      | 7      | 12     |
|            |                               | Expected Count                | 2.5                         | 2.9    | 6.6    | 12.0   |
|            |                               | % within Pendidikan           | 16.7%                       | 25.0%  | 58.3%  | 100.0% |
|            |                               | % within Self Care Management | 16.7%                       | 21.4%  | 21.9%  | 20.7%  |
|            |                               | % of Total                    | 3.4%                        | 5.2%   | 12.1%  | 20.7%  |
|            | SMA                           | Count                         | 2                           | 5      | 12     | 19     |
|            |                               | Expected Count                | 3.9                         | 4.6    | 10.5   | 19.0   |
|            |                               | % within Pendidikan           | 10.5%                       | 26.3%  | 63.2%  | 100.0% |
|            |                               | % within Self Care Management | 16.7%                       | 35.7%  | 37.5%  | 32.8%  |
|            |                               | % of Total                    | 3.4%                        | 8.6%   | 20.7%  | 32.8%  |
|            | SMP                           | Count                         | 5                           | 2      | 6      | 13     |
|            |                               | Expected Count                | 2.7                         | 3.1    | 7.2    | 13.0   |
|            |                               | % within Pendidikan           | 38.5%                       | 15.4%  | 46.2%  | 100.0% |
|            |                               | % within Self Care Management | 41.7%                       | 14.3%  | 18.8%  | 22.4%  |
|            |                               | % of Total                    | 8.6%                        | 3.4%   | 10.3%  | 22.4%  |
| Total      | Count                         |                               | 12                          | 14     | 32     | 58     |
|            | Expected Count                |                               | 12.0                        | 14.0   | 32.0   | 58.0   |
|            | % within Pendidikan           |                               | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|            | % within Self Care Management |                               | 100.0%                      | 100.0% | 100.0% | 100.0% |
|            | % of Total                    |                               | 20.7%                       | 24.1%  | 55.2%  | 100.0% |

**Pekerjaan \* Self Care Management Crosstabulation**

|           |            |                               | <i>Self Care Management</i> |        |        | Total  |
|-----------|------------|-------------------------------|-----------------------------|--------|--------|--------|
|           |            |                               | Baik                        | Cukup  | Kurang |        |
| Pekerjaan | IRT        | Count                         | 6                           | 4      | 12     | 22     |
|           |            | Expected Count                | 4.6                         | 5.3    | 12.1   | 22.0   |
|           |            | % within Pekerjaan            | 27.3%                       | 18.2%  | 54.5%  | 100.0% |
|           |            | % within Self Care Management | 50.0%                       | 28.6%  | 37.5%  | 37.9%  |
|           |            | % of Total                    | 10.3%                       | 6.9%   | 20.7%  | 37.9%  |
|           | PNS        | Count                         | 3                           | 4      | 2      | 9      |
|           |            | Expected Count                | 1.9                         | 2.2    | 5.0    | 9.0    |
|           |            | % within Pekerjaan            | 33.3%                       | 44.4%  | 22.2%  | 100.0% |
|           |            | % within Self Care Management | 25.0%                       | 28.6%  | 6.3%   | 15.5%  |
|           |            | % of Total                    | 5.2%                        | 6.9%   | 3.4%   | 15.5%  |
|           | Swasta     | Count                         | 0                           | 4      | 7      | 11     |
|           |            | Expected Count                | 2.3                         | 2.7    | 6.1    | 11.0   |
|           |            | % within Pekerjaan            | 0.0%                        | 36.4%  | 63.6%  | 100.0% |
|           |            | % within Self Care Management | 0.0%                        | 28.6%  | 21.9%  | 19.0%  |
|           |            | % of Total                    | 0.0%                        | 6.9%   | 12.1%  | 19.0%  |
|           | Wiraswasta | Count                         | 3                           | 2      | 11     | 16     |
|           |            | Expected Count                | 3.3                         | 3.9    | 8.8    | 16.0   |
|           |            | % within Pekerjaan            | 18.8%                       | 12.5%  | 68.8%  | 100.0% |
|           |            | % within Self Care Management | 25.0%                       | 14.3%  | 34.4%  | 27.6%  |
|           |            | % of Total                    | 5.2%                        | 3.4%   | 19.0%  | 27.6%  |
| Total     |            | Count                         | 12                          | 14     | 32     | 58     |
|           |            | Expected Count                | 12.0                        | 14.0   | 32.0   | 58.0   |
|           |            | % within Pekerjaan            | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|           |            | % within Self Care Management | 100.0%                      | 100.0% | 100.0% | 100.0% |
|           |            | % of Total                    | 20.7%                       | 24.1%  | 55.2%  | 100.0% |

**SELF CARE MANAGEMENT**

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | Baik (121-160) | 12        | 20.7    | 20.7          | 20.7               |
|       | Cukup (81-120) | 14        | 24.1    | 24.1          | 44.8               |
|       | Kurang (40-80) | 32        | 55.2    | 55.2          | 100.0              |
|       | Total          | 58        | 100.0   | 100.0         |                    |

**Integrasi Diri**

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Baik   | 6         | 10.3    | 10.3          | 10.3               |
|       | Cukup  | 33        | 56.9    | 56.9          | 67.2               |
|       | Kurang | 19        | 32.8    | 32.8          | 100.0              |
|       | Total  | 58        | 100.0   | 100.0         |                    |

**Regulasi Diri**

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Baik   | 10        | 17.2    | 17.2          | 17.2               |
|       | Cukup  | 16        | 27.6    | 27.6          | 44.8               |
|       | Kurang | 32        | 55.2    | 55.2          | 100.0              |
|       | Total  | 58        | 100.0   | 100.0         |                    |

### Interaksi Dengan Tenaga Kesehatan Lainnya

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Cukup  | 7         | 12.1    | 12.1          | 12.1               |
|       | Kurang | 51        | 87.9    | 87.9          | 100.0              |
|       | Total  | 58        | 100.0   | 100.0         |                    |

### Pemantauan Tekanan Darah

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Baik   | 16        | 27.6    | 27.6          | 27.6               |
|       | Cukup  | 12        | 20.7    | 20.7          | 48.3               |
|       | Kurang | 30        | 51.7    | 51.7          | 100.0              |
|       | Total  | 58        | 100.0   | 100.0         |                    |

### Kepatuhan Terhadap Aturan Yang Dianjurkan

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Baik   | 20        | 34.5    | 34.5          | 34.5               |
|       | Cukup  | 5         | 8.6     | 8.6           | 43.1               |
|       | Kurang | 33        | 56.9    | 56.9          | 100.0              |
|       | Total  | 58        | 100.0   | 100.0         |                    |

**Integrasi Diri \* Self Care Management Crosstabulation**

|                |                               |                               | <i>Self Care Management</i> |        |        | Total  |
|----------------|-------------------------------|-------------------------------|-----------------------------|--------|--------|--------|
|                |                               |                               | Baik                        | Cukup  | Kurang |        |
| Integrasi Diri | Baik                          | Count                         | 6                           | 0      | 0      | 6      |
|                |                               | Expected Count                | 1.2                         | 1.4    | 3.3    | 6.0    |
|                |                               | % within Integrasi Diri       | 100.0%                      | 0.0%   | 0.0%   | 100.0% |
|                |                               | % within Self Care Management | 50.0%                       | 0.0%   | 0.0%   | 10.3%  |
|                |                               | % of Total                    | 10.3%                       | 0.0%   | 0.0%   | 10.3%  |
|                | Cukup                         | Count                         | 6                           | 14     | 13     | 33     |
|                |                               | Expected Count                | 6.8                         | 8.0    | 18.2   | 33.0   |
|                |                               | % within Integrasi Diri       | 18.2%                       | 42.4%  | 39.4%  | 100.0% |
|                |                               | % within Self Care Management | 50.0%                       | 100.0% | 40.6%  | 56.9%  |
|                |                               | % of Total                    | 10.3%                       | 24.1%  | 22.4%  | 56.9%  |
|                | Kurang                        | Count                         | 0                           | 0      | 19     | 19     |
|                |                               | Expected Count                | 3.9                         | 4.6    | 10.5   | 19.0   |
|                |                               | % within Integrasi Diri       | 0.0%                        | 0.0%   | 100.0% | 100.0% |
|                |                               | % within Self Care Management | 0.0%                        | 0.0%   | 59.4%  | 32.8%  |
|                |                               | % of Total                    | 0.0%                        | 0.0%   | 32.8%  | 32.8%  |
| Total          | Count                         |                               | 12                          | 14     | 32     | 58     |
|                | Expected Count                |                               | 12.0                        | 14.0   | 32.0   | 58.0   |
|                | % within Integrasi Diri       |                               | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|                | % within Self Care Management |                               | 100.0%                      | 100.0% | 100.0% | 100.0% |
|                | % of Total                    |                               | 20.7%                       | 24.1%  | 55.2%  | 100.0% |



**Regulasi Diri \* Self Care Management Crosstabulation**

|               |                               |                               | Self Care Management |        |        |        |
|---------------|-------------------------------|-------------------------------|----------------------|--------|--------|--------|
|               |                               |                               | Baik                 | Cukup  | Kurang | Total  |
| Regulasi Diri | Baik                          | Count                         | 8                    | 2      | 0      | 10     |
|               |                               | Expected Count                | 2.1                  | 2.4    | 5.5    | 10.0   |
|               |                               | % within Regulasi Diri        | 80.0%                | 20.0%  | 0.0%   | 100.0% |
|               |                               | % within Self Care Management | 66.7%                | 14.3%  | 0.0%   | 17.2%  |
|               |                               | % of Total                    | 13.8%                | 3.4%   | 0.0%   | 17.2%  |
|               | Cukup                         | Count                         | 3                    | 8      | 5      | 16     |
|               |                               | Expected Count                | 3.3                  | 3.9    | 8.8    | 16.0   |
|               |                               | % within Regulasi Diri        | 18.8%                | 50.0%  | 31.3%  | 100.0% |
|               |                               | % within Self Care Management | 25.0%                | 57.1%  | 15.6%  | 27.6%  |
|               |                               | % of Total                    | 5.2%                 | 13.8%  | 8.6%   | 27.6%  |
|               | Kurang                        | Count                         | 1                    | 4      | 27     | 32     |
|               |                               | Expected Count                | 6.6                  | 7.7    | 17.7   | 32.0   |
|               |                               | % within Regulasi Diri        | 3.1%                 | 12.5%  | 84.4%  | 100.0% |
|               |                               | % within Self Care Management | 8.3%                 | 28.6%  | 84.4%  | 55.2%  |
|               |                               | % of Total                    | 1.7%                 | 6.9%   | 46.6%  | 55.2%  |
| Total         | Count                         | 12                            | 14                   | 32     | 58     |        |
|               | Expected Count                | 12.0                          | 14.0                 | 32.0   | 58.0   |        |
|               | % within Regulasi Diri        | 20.7%                         | 24.1%                | 55.2%  | 100.0% |        |
|               | % within Self Care Management | 100.0%                        | 100.0%               | 100.0% | 100.0% |        |
|               | % of Total                    | 20.7%                         | 24.1%                | 55.2%  | 100.0% |        |

**Interaksi Dengan Tenaga Kesehatan Lainnya \* *Self Care Management***  
***Crosstabulation***

|                                           |                                                    |                                                    | <i>Self Care Management</i> |        |        | Total  |
|-------------------------------------------|----------------------------------------------------|----------------------------------------------------|-----------------------------|--------|--------|--------|
|                                           |                                                    |                                                    | Baik                        | Cukup  | Kurang |        |
| Interaksi Dengan Tenaga Kesehatan Lainnya | Cukup                                              | Count                                              | 4                           | 3      | 0      | 7      |
|                                           |                                                    | Expected Count                                     | 1.4                         | 1.7    | 3.9    | 7.0    |
|                                           |                                                    | % within Interaksi Dengan Tenaga Kesehatan Lainnya | 57.1%                       | 42.9%  | 0.0%   | 100.0% |
|                                           |                                                    | % within Self Care Management                      | 33.3%                       | 21.4%  | 0.0%   | 12.1%  |
|                                           |                                                    | % of Total                                         | 6.9%                        | 5.2%   | 0.0%   | 12.1%  |
|                                           | Kurang                                             | Count                                              | 8                           | 11     | 32     | 51     |
|                                           |                                                    | Expected Count                                     | 10.6                        | 12.3   | 28.1   | 51.0   |
|                                           |                                                    | % within Interaksi Dengan Tenaga Kesehatan Lainnya | 15.7%                       | 21.6%  | 62.7%  | 100.0% |
|                                           |                                                    | % within Self Care Management                      | 66.7%                       | 78.6%  | 100.0% | 87.9%  |
|                                           |                                                    | % of Total                                         | 13.8%                       | 19.0%  | 55.2%  | 87.9%  |
| Total                                     | Count                                              |                                                    | 12                          | 14     | 32     | 58     |
|                                           | Expected Count                                     |                                                    | 12.0                        | 14.0   | 32.0   | 58.0   |
|                                           | % within Interaksi Dengan Tenaga Kesehatan Lainnya |                                                    | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|                                           | % within Self Care Management                      |                                                    | 100.0%                      | 100.0% | 100.0% | 100.0% |
|                                           | % of Total                                         |                                                    | 20.7%                       | 24.1%  | 55.2%  | 100.0% |

**Pemantauan Tekanan Darah \* *Self Care Management* Crosstabulation**

|                          |                                   |                                   | <i>Self Care Management</i> |        |        | Total  |
|--------------------------|-----------------------------------|-----------------------------------|-----------------------------|--------|--------|--------|
|                          |                                   |                                   | Baik                        | Cukup  | Kurang |        |
| Pemantauan Tekanan Darah | Baik                              | Count                             | 10                          | 6      | 0      | 16     |
|                          |                                   | Expected Count                    | 3.3                         | 3.9    | 8.8    | 16.0   |
|                          |                                   | % within Pemantauan Tekanan Darah | 62.5%                       | 37.5%  | 0.0%   | 100.0% |
|                          |                                   | % within Self Care Management     | 83.3%                       | 42.9%  | 0.0%   | 27.6%  |
|                          |                                   | % of Total                        | 17.2%                       | 10.3%  | 0.0%   | 27.6%  |
|                          | Cukup                             | Count                             | 2                           | 6      | 4      | 12     |
|                          |                                   | Expected Count                    | 2.5                         | 2.9    | 6.6    | 12.0   |
|                          |                                   | % within Pemantauan Tekanan Darah | 16.7%                       | 50.0%  | 33.3%  | 100.0% |
|                          |                                   | % within Self Care Management     | 16.7%                       | 42.9%  | 12.5%  | 20.7%  |
|                          |                                   | % of Total                        | 3.4%                        | 10.3%  | 6.9%   | 20.7%  |
|                          | Kurang                            | Count                             | 0                           | 2      | 28     | 30     |
|                          |                                   | Expected Count                    | 6.2                         | 7.2    | 16.6   | 30.0   |
|                          |                                   | % within Pemantauan Tekanan Darah | 0.0%                        | 6.7%   | 93.3%  | 100.0% |
|                          |                                   | % within Self Care Management     | 0.0%                        | 14.3%  | 87.5%  | 51.7%  |
|                          |                                   | % of Total                        | 0.0%                        | 3.4%   | 48.3%  | 51.7%  |
| Total                    | Count                             |                                   | 12                          | 14     | 32     | 58     |
|                          | Expected Count                    |                                   | 12.0                        | 14.0   | 32.0   | 58.0   |
|                          | % within Pemantauan Tekanan Darah |                                   | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|                          | % within Self Care Management     |                                   | 100.0%                      | 100.0% | 100.0% | 100.0% |
|                          | % of Total                        |                                   | 20.7%                       | 24.1%  | 55.2%  | 100.0% |

**Kepatuhan Terhadap Aturan Yang Dianjurkan \* *Self Care Management***  
***Crosstabulation***

|                                           |                                                    |                                                    | <i>Self Care Management</i> |        |        | Total  |
|-------------------------------------------|----------------------------------------------------|----------------------------------------------------|-----------------------------|--------|--------|--------|
|                                           |                                                    |                                                    | Baik                        | Cukup  | Kurang |        |
| Kepatuhan Terhadap Aturan Yang Dianjurkan | Baik                                               | Count                                              | 9                           | 11     | 0      | 20     |
|                                           |                                                    | Expected Count                                     | 4.1                         | 4.8    | 11.0   | 20.0   |
|                                           |                                                    | % within Kepatuhan Terhadap Aturan Yang Dianjurkan | 45.0%                       | 55.0%  | 0.0%   | 100.0% |
|                                           |                                                    | % within Self Care Management                      | 75.0%                       | 78.6%  | 0.0%   | 34.5%  |
|                                           |                                                    | % of Total                                         | 15.5%                       | 19.0%  | 0.0%   | 34.5%  |
|                                           | Cukup                                              | Count                                              | 2                           | 0      | 3      | 5      |
|                                           |                                                    | Expected Count                                     | 1.0                         | 1.2    | 2.8    | 5.0    |
|                                           |                                                    | % within Kepatuhan Terhadap Aturan Yang Dianjurkan | 40.0%                       | 0.0%   | 60.0%  | 100.0% |
|                                           |                                                    | % within Self Care Management                      | 16.7%                       | 0.0%   | 9.4%   | 8.6%   |
|                                           |                                                    | % of Total                                         | 3.4%                        | 0.0%   | 5.2%   | 8.6%   |
|                                           | Kurang                                             | Count                                              | 1                           | 3      | 29     | 33     |
|                                           |                                                    | Expected Count                                     | 6.8                         | 8.0    | 18.2   | 33.0   |
|                                           |                                                    | % within Kepatuhan Terhadap Aturan Yang Dianjurkan | 3.0%                        | 9.1%   | 87.9%  | 100.0% |
|                                           |                                                    | % within Self Care Management                      | 8.3%                        | 21.4%  | 90.6%  | 56.9%  |
|                                           |                                                    | % of Total                                         | 1.7%                        | 5.2%   | 50.0%  | 56.9%  |
| Total                                     | Count                                              |                                                    | 12                          | 14     | 32     | 58     |
|                                           | Expected Count                                     |                                                    | 12.0                        | 14.0   | 32.0   | 58.0   |
|                                           | % within Kepatuhan Terhadap Aturan Yang Dianjurkan |                                                    | 20.7%                       | 24.1%  | 55.2%  | 100.0% |
|                                           | % within Self Care Management                      |                                                    | 100.0%                      | 100.0% | 100.0% | 100.0% |
|                                           | % of Total                                         |                                                    | 20.7%                       | 24.1%  | 55.2%  | 100.0% |

***SELF EFFICACY***

|       |             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------|-----------|---------|---------------|--------------------|
| Valid | Yakin       | 26        | 44.8    | 44.8          | 44.8               |
|       | Tidak Yakin | 32        | 55.2    | 55.2          | 100.0              |
|       | Total       | 58        | 100.0   | 100.0         |                    |

**Usia \* *Self Efficacy* Crosstabulation**

|       |             |                        | <i>Self Efficacy</i> |        | Total  |
|-------|-------------|------------------------|----------------------|--------|--------|
|       |             |                        | Tidak Yakin          | Yakin  |        |
| Usia  | 26-35 tahun | Count                  | 5                    | 6      | 11     |
|       |             | Expected Count         | 6.1                  | 4.9    | 11.0   |
|       |             | % within Usia          | 45.5%                | 54.5%  | 100.0% |
|       |             | % within Self Efficacy | 15.6%                | 23.1%  | 19.0%  |
|       |             | % of Total             | 8.6%                 | 10.3%  | 19.0%  |
|       | 36-45 tahun | Count                  | 7                    | 4      | 11     |
|       |             | Expected Count         | 6.1                  | 4.9    | 11.0   |
|       |             | % within Usia          | 63.6%                | 36.4%  | 100.0% |
|       |             | % within Self Efficacy | 21.9%                | 15.4%  | 19.0%  |
|       |             | % of Total             | 12.1%                | 6.9%   | 19.0%  |
|       | 46-55 tahun | Count                  | 11                   | 5      | 16     |
|       |             | Expected Count         | 8.8                  | 7.2    | 16.0   |
|       |             | % within Usia          | 68.8%                | 31.3%  | 100.0% |
|       |             | % within Self Efficacy | 34.4%                | 19.2%  | 27.6%  |
|       |             | % of Total             | 19.0%                | 8.6%   | 27.6%  |
|       | 56-65 tahun | Count                  | 9                    | 11     | 20     |
|       |             | Expected Count         | 11.0                 | 9.0    | 20.0   |
|       |             | % within Usia          | 45.0%                | 55.0%  | 100.0% |
|       |             | % within Self Efficacy | 28.1%                | 42.3%  | 34.5%  |
|       |             | % of Total             | 15.5%                | 19.0%  | 34.5%  |
| Total |             | Count                  | 32                   | 26     | 58     |
|       |             | Expected Count         | 32.0                 | 26.0   | 58.0   |
|       |             | % within Usia          | 55.2%                | 44.8%  | 100.0% |
|       |             | % within Self Efficacy | 100.0%               | 100.0% | 100.0% |
|       |             | % of Total             | 55.2%                | 44.8%  | 100.0% |

**Jenis Kelamin \* Self Efficacy Crosstabulation**

|               |                        |                        | <i>Self Efficacy</i> |        |        |
|---------------|------------------------|------------------------|----------------------|--------|--------|
|               |                        |                        | Tidak Yakin          | Yakin  | Total  |
| Jenis Kelamin | Laki-laki              | Count                  | 14                   | 10     | 24     |
|               |                        | Expected Count         | 13.2                 | 10.8   | 24.0   |
|               |                        | % within Jenis Kelamin | 58.3%                | 41.7%  | 100.0% |
|               |                        | % within Self Efficacy | 43.8%                | 38.5%  | 41.4%  |
|               |                        | % of Total             | 24.1%                | 17.2%  | 41.4%  |
|               | Perempuan              | Count                  | 18                   | 16     | 34     |
|               |                        | Expected Count         | 18.8                 | 15.2   | 34.0   |
|               |                        | % within Jenis Kelamin | 52.9%                | 47.1%  | 100.0% |
|               |                        | % within Self Efficacy | 56.3%                | 61.5%  | 58.6%  |
|               |                        | % of Total             | 31.0%                | 27.6%  | 58.6%  |
| Total         | Count                  | 32                     | 26                   | 58     |        |
|               | Expected Count         | 32.0                   | 26.0                 | 58.0   |        |
|               | % within Jenis Kelamin | 55.2%                  | 44.8%                | 100.0% |        |
|               | % within Self Efficacy | 100.0%                 | 100.0%               | 100.0% |        |
|               | % of Total             | 55.2%                  | 44.8%                | 100.0% |        |

**Pendidikan \* Self Efficacy Crosstabulation**

|                            |                        | <i>Self Efficacy</i>   |        | Total  |
|----------------------------|------------------------|------------------------|--------|--------|
|                            |                        | Tidak Yakin            | Yakin  |        |
| Pendidikan Sarjana/Diploma | Count                  | 7                      | 7      | 14     |
|                            | Expected Count         | 7.7                    | 6.3    | 14.0   |
|                            | % within Pendidikan    | 50.0%                  | 50.0%  | 100.0% |
|                            | % within Self Efficacy | 21.9%                  | 26.9%  | 24.1%  |
|                            | % of Total             | 12.1%                  | 12.1%  | 24.1%  |
|                            | SD                     | Count                  | 7      | 5      |
|                            |                        | Expected Count         | 6.6    | 5.4    |
|                            |                        | % within Pendidikan    | 58.3%  | 41.7%  |
|                            |                        | % within Self Efficacy | 21.9%  | 19.2%  |
|                            |                        | % of Total             | 12.1%  | 8.6%   |
|                            | SMA                    | Count                  | 12     | 7      |
|                            |                        | Expected Count         | 10.5   | 8.5    |
|                            |                        | % within Pendidikan    | 63.2%  | 36.8%  |
|                            |                        | % within Self Efficacy | 37.5%  | 26.9%  |
|                            |                        | % of Total             | 20.7%  | 12.1%  |
|                            | SMP                    | Count                  | 6      | 7      |
|                            |                        | Expected Count         | 7.2    | 5.8    |
|                            |                        | % within Pendidikan    | 46.2%  | 53.8%  |
|                            |                        | % within Self Efficacy | 18.8%  | 26.9%  |
|                            |                        | % of Total             | 10.3%  | 12.1%  |
| Total                      | Count                  | 32                     | 26     | 58     |
|                            | Expected Count         | 32.0                   | 26.0   | 58.0   |
|                            | % within Pendidikan    | 55.2%                  | 44.8%  | 100.0% |
|                            | % within Self Efficacy | 100.0%                 | 100.0% | 100.0% |
|                            | % of Total             | 55.2%                  | 44.8%  | 100.0% |

**Pekerjaan \* Self Efficacy Crosstabulation**

|           |                        |                        | Self Efficacy |        |        |
|-----------|------------------------|------------------------|---------------|--------|--------|
|           |                        |                        | Tidak Yakin   | Yakin  | Total  |
| Pekerjaan | IRT                    | Count                  | 12            | 10     | 22     |
|           |                        | Expected Count         | 12.1          | 9.9    | 22.0   |
|           |                        | % within Pekerjaan     | 54.5%         | 45.5%  | 100.0% |
|           |                        | % within Self Efficacy | 37.5%         | 38.5%  | 37.9%  |
|           |                        | % of Total             | 20.7%         | 17.2%  | 37.9%  |
|           |                        | PNS                    | Count         | 2      | 7      |
|           | Expected Count         |                        | 5.0           | 4.0    | 9.0    |
|           | % within Pekerjaan     |                        | 22.2%         | 77.8%  | 100.0% |
|           | % within Self Efficacy |                        | 6.3%          | 26.9%  | 15.5%  |
|           | % of Total             |                        | 3.4%          | 12.1%  | 15.5%  |
|           | Swasta                 |                        | Count         | 7      | 4      |
|           |                        | Expected Count         | 6.1           | 4.9    | 11.0   |
|           |                        | % within Pekerjaan     | 63.6%         | 36.4%  | 100.0% |
|           |                        | % within Self Efficacy | 21.9%         | 15.4%  | 19.0%  |
|           |                        | % of Total             | 12.1%         | 6.9%   | 19.0%  |
|           |                        | Wiraswasta             | Count         | 11     | 5      |
|           | Expected Count         |                        | 8.8           | 7.2    | 16.0   |
|           | % within Pekerjaan     |                        | 68.8%         | 31.3%  | 100.0% |
|           | % within Self Efficacy |                        | 34.4%         | 19.2%  | 27.6%  |
|           | % of Total             |                        | 19.0%         | 8.6%   | 27.6%  |
| Total     | Count                  |                        | 32            | 26     | 58     |
|           | Expected Count         | 32.0                   | 26.0          | 58.0   |        |
|           | % within Pekerjaan     | 55.2%                  | 44.8%         | 100.0% |        |
|           | % within Self Efficacy | 100.0%                 | 100.0%        | 100.0% |        |
|           | % of Total             | 55.2%                  | 44.8%         | 100.0% |        |



***Self Efficacy \* Self Care Management Crosstabulation***

|                      |                               | <i>Self Care Management</i>   |        |        | Total  |
|----------------------|-------------------------------|-------------------------------|--------|--------|--------|
|                      |                               | Baik                          | Cukup  | Kurang |        |
| <i>Self Efficacy</i> | Tidak Yakin                   | Count                         | 0      | 0      | 32     |
|                      |                               | Expected Count                | 6.6    | 7.7    | 32.0   |
|                      |                               | % within SE                   | 0.0%   | 0.0%   | 100.0% |
|                      |                               | % within Self Care Management | 0.0%   | 0.0%   | 55.2%  |
|                      |                               | % of Total                    | 0.0%   | 0.0%   | 55.2%  |
|                      | Yakin                         | Count                         | 12     | 14     | 26     |
|                      |                               | Expected Count                | 5.4    | 6.3    | 26.0   |
|                      |                               | % within SE                   | 46.2%  | 53.8%  | 100.0% |
|                      |                               | % within Self Care Management | 100.0% | 100.0% | 44.8%  |
|                      |                               | % of Total                    | 20.7%  | 24.1%  | 44.8%  |
| Total                | Count                         |                               | 12     | 14     | 32     |
|                      | Expected Count                |                               | 12.0   | 14.0   | 32.0   |
|                      | % within SE                   |                               | 20.7%  | 24.1%  | 55.2%  |
|                      | % within Self Care Management |                               | 100.0% | 100.0% | 100.0% |
|                      | % of Total                    |                               | 20.7%  | 24.1%  | 55.2%  |

### Correlations

|                                 |                        | <i>Self Care<br/>Management</i> | <i>Self<br/>Efficacy</i> |
|---------------------------------|------------------------|---------------------------------|--------------------------|
| <i>Self Care<br/>Management</i> | Pearson<br>Correlation | 1                               | .824**                   |
|                                 | Sig. (2-tailed)        |                                 | .000                     |
|                                 | N                      | 58                              | 58                       |
| <i>Self Efficacy</i>            | Pearson<br>Correlation | .824**                          | 1                        |
|                                 | Sig. (2-tailed)        | .000                            |                          |
|                                 | N                      | 58                              | 58                       |

\*\*. Correlation is significant at the 0.01 level (2-tailed)

| P1 | P2 | P3 | P4 | P5 | TOTAL | KODING |
|----|----|----|----|----|-------|--------|
| 9  | 8  | 7  | 8  | 8  | 40    | 1      |
| 5  | 5  | 5  | 5  | 5  | 25    | 1      |
| 1  | 3  | 4  | 7  | 5  | 20    | 1      |
| 4  | 3  | 4  | 2  | 3  | 16    | 1      |
| 1  | 1  | 3  | 3  | 2  | 10    | 1      |
| 5  | 6  | 5  | 5  | 5  | 26    | 1      |
| 1  | 1  | 1  | 1  | 1  | 5     | 2      |
| 2  | 3  | 4  | 1  | 2  | 12    | 1      |
| 2  | 8  | 7  | 6  | 5  | 28    | 1      |
| 10 | 10 | 2  | 2  | 2  | 26    | 1      |
| 2  | 8  | 5  | 6  | 7  | 28    | 1      |
| 9  | 7  | 6  | 7  | 6  | 35    | 1      |
| 3  | 9  | 9  | 7  | 6  | 34    | 1      |
| 3  | 3  | 6  | 7  | 3  | 22    | 1      |
| 3  | 1  | 5  | 6  | 6  | 21    | 1      |
| 1  | 8  | 7  | 6  | 7  | 29    | 1      |
| 8  | 9  | 8  | 6  | 6  | 37    | 1      |
| 1  | 2  | 4  | 3  | 4  | 14    | 1      |
| 1  | 3  | 3  | 1  | 1  | 9     | 2      |
| 4  | 5  | 5  | 5  | 3  | 22    | 1      |
| 10 | 9  | 7  | 5  | 7  | 38    | 1      |
| 8  | 6  | 5  | 5  | 8  | 32    | 1      |
| 6  | 3  | 6  | 3  | 8  | 26    | 1      |
| 2  | 6  | 8  | 5  | 8  | 29    | 1      |
| 8  | 6  | 5  | 6  | 8  | 33    | 1      |
| 8  | 8  | 5  | 5  | 5  | 31    | 1      |
| 6  | 8  | 8  | 8  | 6  | 36    | 1      |
| 2  | 4  | 1  | 1  | 1  | 9     | 1      |
| 2  | 1  | 1  | 1  | 1  | 6     | 2      |
| 2  | 4  | 2  | 4  | 6  | 18    | 1      |
| 4  | 4  | 5  | 6  | 8  | 27    | 1      |
| 3  | 5  | 6  | 7  | 8  | 29    | 1      |
| 1  | 3  | 7  | 9  | 7  | 27    | 1      |
| 9  | 10 | 10 | 10 | 10 | 49    | 1      |
| 4  | 5  | 6  | 7  | 7  | 29    | 1      |
| 6  | 3  | 4  | 3  | 3  | 19    | 1      |
| 6  | 4  | 6  | 8  | 7  | 31    | 1      |
| 6  | 8  | 4  | 3  | 5  | 26    | 1      |
| 3  | 3  | 5  | 7  | 5  | 23    | 1      |

|    |   |   |   |   |    |   |
|----|---|---|---|---|----|---|
| 3  | 6 | 3 | 3 | 5 | 20 | 1 |
| 7  | 5 | 5 | 6 | 5 | 28 | 1 |
| 7  | 8 | 5 | 3 | 2 | 25 | 1 |
| 8  | 8 | 7 | 6 | 2 | 31 | 1 |
| 8  | 6 | 8 | 9 | 7 | 38 | 1 |
| 4  | 5 | 5 | 5 | 7 | 26 | 1 |
| 8  | 9 | 6 | 6 | 5 | 34 | 1 |
| 7  | 5 | 5 | 7 | 9 | 33 | 1 |
| 7  | 9 | 5 | 9 | 5 | 35 | 1 |
| 1  | 1 | 1 | 2 | 2 | 7  | 2 |
| 3  | 4 | 2 | 7 | 8 | 24 | 1 |
| 8  | 8 | 6 | 5 | 3 | 30 | 1 |
| 1  | 2 | 1 | 1 | 2 | 7  | 1 |
| 1  | 1 | 2 | 2 | 3 | 9  | 1 |
| 1  | 4 | 6 | 6 | 7 | 24 | 1 |
| 3  | 8 | 7 | 4 | 7 | 29 | 1 |
| 3  | 6 | 8 | 8 | 8 | 33 | 1 |
| 9  | 5 | 3 | 4 | 8 | 29 | 1 |
| 10 | 9 | 7 | 5 | 6 | 37 | 1 |

**Keterangan :**

|                |  |
|----------------|--|
| KODE           |  |
| 1.Yakin        |  |
| 2. Tidak Yakin |  |

**Lampiran 5 Lembar Bimbingan Skripsi**

**LEMBAR BIMBINGAN SKRIPSI  
PRODI SARJANA KEPERAWATAN UPPS PSDKU TASIKMALAYA  
UNIVERSITAS BHAKTI KENCANA  
T.A 2024-2025**

**Nama Mahasiswa** : Ani Nuraeni  
**NIM** : 231FK10015  
**Pembimbing Utama** : Reni Nurdianti, S.KM., M.K.M  
**Judul SKRIPSI** : Hubungan *Self Care Management* Dengan *Self Efficacy* Pada Penderita Hipertensi Di RSUD dr Soekardjo Tasikmalaya

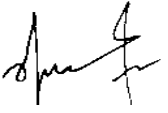
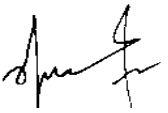
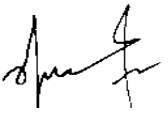
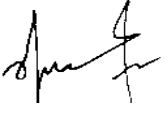
| NO | HARI, TANGGAL    | MATERI KONSULTASI | SARAN PEMBIMBING                                                                                                                                                                                                                                                                   | PARAF PEMBIMBING                                                                      |
|----|------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1  | 04 November 2024 | Judul Skripsi     | <ol style="list-style-type: none"> <li>1. Cari tahu dahulu fenomena masalah yang terjadi</li> <li>2. Cari min 10 jurnal pendukung</li> </ol>                                                                                                                                       |  |
| 2  | 05 November 2024 | BAB I             | <ol style="list-style-type: none"> <li>1. ACC judul</li> <li>2. Buat BAB I</li> <li>3. Perhatikan penulisan sesuaikan dengan buku panduan</li> <li>4. Belum ada benang merah</li> <li>5. Munculkan data prevalensi dari global sampai lokasi penelitian terkait masalah</li> </ol> |  |
| 3  | 08 November 2024 | BAB I – BAB III   | <ol style="list-style-type: none"> <li>1. Sesuaikan dengan tujuan penelitian</li> <li>2. Artikel masih kurang, mohon ditambahkan</li> <li>3. Teori masih kurang, mohon ditambahkan</li> <li>4. Tentukan jenis metode penelitian yang sederhana saja</li> </ol>                     |  |

|   |                  |                 |                                                                                                                                                                                                                                                                |                                                                                       |
|---|------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 4 | 11 November 2024 | BAB I - BAB III | <ol style="list-style-type: none"> <li>1. Tentukan jumlah sample dan kriteria pemilihan sampelnya</li> <li>2. Revisi kembali kuesioner sesuai obyek penelitian</li> <li>3. Perbaiki dulu definisi operasionalnya sesuai masukan lebih rasional lagi</li> </ol> |    |
| 5 | 18 November 2024 | BAB I - BAB III | <ol style="list-style-type: none"> <li>1. Lihat penulisan di buku panduan</li> <li>2. Tambahkan data untuk bab I</li> <li>3. Definisi operasional sesuaikan dengan tujuan penelitian</li> </ol>                                                                |    |
| 6 | 20 Nopember 2024 | BAB I - BAB III | <ol style="list-style-type: none"> <li>1. Lampirkan Dafus</li> <li>2. Lampirkan kuesioner</li> <li>3. Tambah uji validitas dan reliabilitas (Jika kuesioner baru)</li> </ol>                                                                                   |  |
| 7 | 05 Desember 2024 | BAB I - BAB III | <ol style="list-style-type: none"> <li>1. ACC Sidang Proposal</li> <li>2. Persiapkan PPT</li> <li>3. Pahami isi proposalnya</li> </ol>                                                                                                                         |  |
| 8 | 28 Januari 2025  | BAB I – BAB III | <ol style="list-style-type: none"> <li>1. Revisi hasil sidang sesuai arahan tim penguji</li> <li>2. Persiapan penelitian</li> </ol>                                                                                                                            |  |
| 9 | 01 Februari 2025 | BAB IV          | <ol style="list-style-type: none"> <li>1. Sajikan data sesuai buku panduan</li> <li>2. Analisis dimulai dari univariate, dan bivariate</li> </ol>                                                                                                              |                                                                                       |

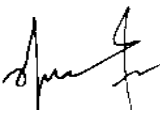
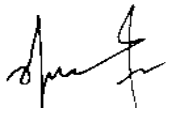
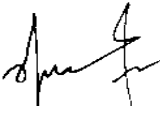
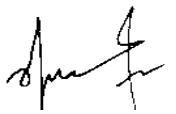
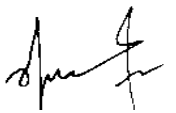
|    |                  |                                          |                                                                                                                                                                                                                                                                                                                                     |                                                                                       |
|----|------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |                  |                                          | <ul style="list-style-type: none"> <li>3. Literature untuk pembahasan masih kurang, tambahkan tentang masalah emosional pada anak</li> <li>4. Urutkan pembahasan sesuai tujuan</li> <li>5. Lanjut penulisan BAB V</li> </ul>                                                                                                        |    |
| 10 | 03 Februari 2025 | BAB I – BAB V                            | <ul style="list-style-type: none"> <li>1. Munculkan data hasil penelitian peneliti dulu baru dikaitkan dengan hasil penelitian orang lain.</li> <li>2. Cek-cek kembali referensi yang dipakai</li> <li>3. Lampirkan Dafus</li> <li>4. Lamapirkan Hasil SPSS</li> </ul>                                                              |    |
| 11 | 05 Februari 2025 | BAB I – BAB V                            | <ul style="list-style-type: none"> <li>1. Cek-cek kembali sistematika penulisan</li> <li>2. Lampiran dilengkapi dengan bukti hasil analisis dan dokumentasi saat melakukan penelitian</li> <li>3. Simpulan sesuaikan dengan tujuan penelitian</li> <li>4. Saran sesuaikan dengan hasil penelitian dan manfaat penelitian</li> </ul> |  |
| 12 | 09 Februari 2025 | BAB I – BAB V<br>dan lampiran2 pendukung | <ul style="list-style-type: none"> <li>1. ACC sidang akhir</li> <li>2. Siapkan ppt</li> <li>3. Kuasai skripsi</li> <li>4. Cek kembali kelengkapan dari cover-lampiran sesuai buku panduan</li> </ul>                                                                                                                                |  |

**LEMBAR BIMBINGAN SKRIPSI**  
**PRODI SARJANA KEPERAWATAN UPPS PSDKU TASIKMALAYA**  
**UNIVERSITAS BHAKTI KENCANA**  
**T.A 2024-2025**

**Nama Mahasiswa** : Ani Nuraeni  
**NIM** : 231FK10015  
**Pembimbing Serta** : Ns. Hilman Mulyana, S.Kep., M.Lep., Ph.D  
**Judul SKRIPSI** : Hubungan *Self Care Management* Dengan *Self Efficacy* Pada Penderita Hipertensi Di RSUD dr Soekardjo Tasikmalaya

| NO | HARI, TANGGAL   | MATERI KONSULTASI | SARAN PEMBIMBING                                                                                                                                                                                                        | PARAF PEMBIMBING                                                                      |
|----|-----------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1  | 08 Oktober 2024 | BAB I             | 1. Baca Kembali buku panduan penulisan SKRIPSI<br>2. Akar masalah belum muncul                                                                                                                                          |   |
| 2  | 13 Oktober 2024 | BAB I dan BAB II  | 1. Munculkan data prevalensi dari global sampai lokasi penelitian<br>2. Buat BAB II sesuaikan antara teori dan EBP artikel keperawatan                                                                                  |  |
| 3  | 20 Oktober 2024 | BAB I - BAB III   | 1. Artikel dan teori pendukung masih kurang, mohon ditambahkan<br>2. Tentukan jenis metode penelitian yang sederhana saja<br>3. Margin dan thypo diperbaiki                                                             |  |
| 4  | 27 Oktober 2024 | BAB I - BAB III   | 1. Tentukan jumlah sample dan kriteria pemilihan sampelnya jangan terlalu banyak<br>2. Revisi kuesioner sesuai obyek penelitian<br>3. Perbaiki definisi operasional sesuai masukan lebih rasional lagi dengan responden |  |



|   |                  |                               |                                                                                                                                                                                                               |                                                                                       |
|---|------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 5 | 06 Nopember 2024 | BAB I - BAB III               | <ol style="list-style-type: none"> <li>1. ACC Sidang Proposal</li> <li>2. Persiapkan PPT</li> <li>3. Pahami isi proposalnya</li> <li>4. Cek Kembali sistematika penulisan</li> </ol>                          |    |
| 6 | 25 Januari 2025  | BAB I - BAB IV                | <ol style="list-style-type: none"> <li>1. Revisi hasil sidang sesuai arahan</li> <li>2. Masih ada tyhpo</li> <li>3. Kuesioner direvisi kembali</li> </ol>                                                     |    |
| 7 | 29 Januari 2025  | BAB I - BAB V                 | <ol style="list-style-type: none"> <li>1. Analisis dimulai dari univariate, dan bivariate</li> <li>2. Urutkan pembahasan sesuai masukan pembimbing utama</li> <li>3. Lihat kembali penyajian tabel</li> </ol> |    |
| 8 | 02 Februari 2025 | BAB I - BAB VI                | <ol style="list-style-type: none"> <li>1. Cek-cek kembali sistematika penulisan</li> <li>2. Lampiran dilengkapi dengan bukti hasil analisis dan dokumentasi saat melakukan penelitian</li> </ol>              |  |
| 9 | 08 Februari 2025 | BAB I - Lampiran, Kelengkapan | <ol style="list-style-type: none"> <li>1. ACC sidang akhir</li> <li>2. Siapkan ppt</li> <li>3. Cek kembali kelengkapan dari cover-lampiran sesuai buku panduan</li> </ol>                                     |  |

### Lampiran 6 Timeline Penelitian

| No | Kegiatan                               | Oktober |   |   |   | Nopember |   |   |   | Desember |   |   |   | Januari |   |   |   | Februari |   |   |   | Maret |   |   |   |
|----|----------------------------------------|---------|---|---|---|----------|---|---|---|----------|---|---|---|---------|---|---|---|----------|---|---|---|-------|---|---|---|
|    |                                        | 1       | 2 | 3 | 4 | 1        | 1 | 2 | 3 | 4        | 2 | 3 | 4 | 1       | 2 | 3 | 4 | 1        | 2 | 3 | 4 | 1     | 2 | 3 | 4 |
| 1  | Konsultasi awal                        |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 2  | Studi pendahuluan                      |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 3  | Penyusunan Proposal                    |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 4  | Seminar Proposal                       |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 5  | Persiapan Penelitian                   |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 6  | Penelitian                             |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 7  | Analisa Data dan Penyusunan Pembahasan |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 8  | Sidang Skripsi                         |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |
| 9  | Revisi dan finalisasi                  |         |   |   |   |          |   |   |   |          |   |   |   |         |   |   |   |          |   |   |   |       |   |   |   |