

**HUBUNGAN *SELF CARE MANAGEMENT* DENGAN *SELFEFFICACY*
PADA PENDERITA HIPERTENSI DI UPTD KHUSUS
RSUD DR. SOEKARDJO KOTA TASIKMALAYA**

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ABSTRAK

Penyakit tekanan darah tinggi sering dikenal dengan istilah hipertensi. Hipertensi memiliki julukan *silent killer* dikarenakan sering terjadi secara tiba-tiba, namun sebenarnya hipertensi sudah menjangkit tubuh selama bertahun-tahun sehingga berpotensi memicu terjadinya kematian. *Self care management* mempunyai peran yang sangat penting untuk mengontrol tekanan darah secara efektif bagi penderita hipertensi. *Self efficacy* merupakan salah satu konsep yang mendasari *self care management* dan akan berpengaruh terhadap keyakinan penderita hipertensi. Tujuan dari penelitian ini yaitu untuk mengetahui adanya hubungan *self care management* dengan *self efficacy* pada penderita hipertensi di UPTD Khusus RSUD dr. Soekardjo Kota Tasikmalaya. Metode Penelitian menggunakan rancangan deskriptif dengan metode pendekatan *cross sectional*. Sampel penelitian ini berjumlah 58 orang yang dipilih dengan menggunakan *total sampling*. Instrumen penelitian yang digunakan yaitu kuesioner yang dianalisis menggunakan analisis *Pearson*. Hasil dari penelitian menunjukkan bahwa sebagian besar responden memiliki *self care management* yang kurang dan *self efficacy* di tingkat sangat tidak yakin. Uji *Pearson* menunjukkan hasil yang signifikan dengan hasil *p-value* = 0,000. Implikasi didalam penelitian ini adalah untuk meningkatkan *self care management* serta *self efficacy* penderita hipertensi di UPTD KHUSUS RSUD dr. Soekardjo Kota Tasikmalaya.

Kata Kunci : Hipertensi, *Self care management*, *Self efficacy*

**THE RELATIONSHIP OF SELF CARE MANAGEMENT WITH SELF
EFFICACY IN HYPERTENSION PATIENTS AT DR. SOEKARDJO
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ABSTRACT

High blood pressure is often known as hypertension. Hypertension has the nickname silent killer because it often occurs suddenly, but actually hypertension has been infecting the body for years, so it has the potential to trigger death. Self-care management has a very important role in controlling blood pressure effectively for hypertension sufferers. Self-efficacy is one of the concepts that underlies self-care management and will influence the beliefs of hypertension sufferers. The aim of this research is to determine the relationship between self-care management and self-efficacy in hypertension sufferers at UPTD Khusus RSUD dr. Soekardjo, Tasikmalaya City. Research Method uses a descriptive design with a cross sectional approach. The sample for this research was 58 people selected using total sampling. The research instrument used was a questionnaire which was analyzed using Pearson analysis. The results of the research show that the majority of respondents have poor self-care management and self-efficacy at a very uncertain level. The Pearson test shows significant results with a $p\text{-value} = 0.000$. The implication of this research is to improve self-care management and self-efficacy of hypertension sufferers at UPTD KHUSUS RSUD dr. Soekardjo, Tasikmalaya City.

Keywords : Hypertension, Self care management, Self efficacy