

ABSTRAK

Hipertensi menjadi penyebab nomor satu kematian dini dan kecacatan di dunia. Perburukan penyakit hipertensi dapat dicegah dengan perawatan mandiri pasien hipertensi yang dikenal dengan *self-management*. Penelitian ini bertujuan untuk mengidentifikasi gambaran *self-management* pada pasien hipertensi.

Penelitian ini merupakan penelitian deskriptif kuantitatif, populasi dalam penelitian ini adalah pasien hipertensi di UPT Puskesmas Pasir Jati dengan jumlah sampel sebanyak 89 orang yang diambil menggunakan teknik *consecutive sampling*. Pengumpulan data menggunakan kuesioner *Hypertension Self-Management Behavior Questionnaire (HSMBQ)*. Analisis data menggunakan analisis univariat yaitu statistik deskriptif.

Hasil penelitian menunjukkan 61.8% atau 55 dari 89 responden memiliki kategori *self-management* yang cukup. *Self-management* dipengaruhi oleh beberapa faktor diantaranya yaitu faktor pengetahuan. Tingkat pengetahuan yang dimiliki oleh pasien akan meningkatkan rasa percaya diri pasien dalam melakukan *self-management* hipertensi. Berdasarkan hasil penelitian direkomendasikan untuk menjadikan *self-management* sebagai penanganan hipertensi dalam menjaga kesehatan dan mencegah perburukan penyakit. Perawat diharapkan dapat meningkatkan pengetahuan pasien tentang manfaat pentingnya melakukan *self-management* pada pasien hipertensi.

Kata Kunci: Hipertensi, *Self-Management*

Daftar pustaka : 16 Buku (2018-2022)

30 Jurnal (2018-2022)

6 Artikel (2019-2020)

2 Skripsi (2017-2021)

ABSTRACT

Hypertension is the number one cause of premature death and disability in the world. The worsening of hypertension can be prevented by self-care of hypertensive patients, known as self-management. This study aims to identify the description of self-management in hypertensive patients.

This study is a quantitative descriptive study, the population in this study were hypertensive patients at UPT Puskesmas Pasir Jati with a total sample of 89 people who were taken using a consecutive sampling technique. Data collection using the Hypertension Self-Management Behavior Questionnaire (HSMBQ) questionnaire. Data analysis used univariate analysis, namely descriptive statistics.

The results showed that 61.8% or 55 of the 89 respondents had sufficient self-management. Several factors including the knowledge factor influence self-management. The level of knowledge the patient possesses will increase the patient's confidence in the self-management of hypertension. Based on the study results self-management is recommended as a treatment for hypertension in maintaining health and preventing disease worsening. Nurses are expected to increase patient knowledge about the importance of self-management in hypertensive patients. Keywords: Hypertension, Self-Management.

Bibliography : 16 books (2018-2022)

30 Journals (2018-2022)

2 Undergraduate Thesis (2017-2021)

6 Article (2019-2020)

KATA PENGANTAR