

ABSTRAK

Hipertensi merupakan suatu keadaan dimana terjadi peningkatan darah secara abnormal yang terus menerus pada beberapa kali pemeriksaan tekanan darah. Hipertensi yang tidak terkontrol akan menyebabkan berbagai komplikasi seperti infark miokard, Stroke, penyakit jantung coroner, diabetes, gagal ginjal dan kebutaan. Kejadian dan kesakitan akibat hipertensi dapat dikendalikan dengan melakukan *self-management* dalam mengontrol faktor-faktor yang berpengaruh terhadap tekanan darah. Penelitian ini bertujuan mengetahui gambaran *self-management* pada pasien hipertensi di wilayah Puskesmas Panawangan Kabupaten Ciamis.

Penelitian ini menggunakan metode *Deskriptif*. Populasi dan sampel pada penelitian ini adalah semua penderita hipertensi yang berjumlah 58 warga penderita hipertensi yang berobat jalan ke Puskesmas Panawangan, dengan teknik sampel *total sampling*, instrumen yang digunakan dalam penelitian ini adalah kuesioner mengenai *self-management* dengan analisa data distribusi frekuensi

Hasil penelitian didapatkan bahwa gambaran *self-management* sebagian besar dengan jumlah 40 responden (69%) pada kategori cukup dengan rentang nilai skor jawaban 81-120. Berdasarkan hasil penelitian, dapat dilakukan penelitian lebih lanjut mengenai faktor selain dari karakteristik responden yang dapat mempengaruhi *self-management* pada penderita hipertensi.

Kata Kunci : Hipertensi, *Self-Management*

Daftar Pustaka : 5 Buku (2013-2017)
: 1 Website (2019)
: 17 jurnal (2015-2022)

ABSTRACT

Hypertension is a condition where there is an abnormal increase in blood that is continuous on several blood pressure checks. Uncontrolled hypertension will cause various complications such as myocardial infarction, stroke, coronary heart disease, diabetes, kidney failure and blindness. Incidence and morbidity due to hypertension can be controlled by doing self-management in controlling the factors that affect blood pressure. This study aims to find out the description of self-management in hypertensive patients in the Panawangan Health Center, Ciamis Regency.

This research uses the method Descriptive. The population and sample in this study were all hypertension sufferers, totaling 58 residents with hypertension who went to the Panawangan Health Center for treatment, with a sample technique of total sampling, the instrument used in this study was a questionnaire regarding self-management with analysis of frequency distribution data

The results of the study found that the description of self-management mostly with a total of 40 respondents (69%) in the sufficient category with a score range of 81-120 answers. Based on the results of the study, further research can be carried out on factors other than the characteristics of the respondents' self-management in hypertensive patients.

Keywords : **Hypertension, Self-Management**

Bibliography : **5 Books (2013-2017)**
: **1 Website (2019)**
: **17 journals (2015-2022)**