

ABSTRAK

HUBUNGAN DUKUNGAN KELUARGA DENGAN *SELF CARE* *MANAGEMENT* PADA LANSIA YANG MENGALAMI HIPERTENSI DI DESA LARANGAN LUAR KECAMATAN LARANGAN KABUPATEN PAMEKASAN

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Pendahuluan: Hipertensi merupakan kondisi meningkatnya tekanan pembuluh darah dimana tekanan sistolikanya ≥ 140 mmHg dan tekanan diastolikanya ≥ 90 mmHg, penyakit hipertensi ini banyak diidap oleh lansia terutama di wilayah kerja puskesmas larangan dimana angka kejadiannya masih cukup tinggi meskipun masyarakatnya rajin kontrol dan mendatangi puskesmas penyakit ini akan menyebabkan gangguan dalam menjalani kehidupannya. Tujuan penelitian ini untuk mengetahui hubungan dukungan keluarga dan *self care management* lansia penderita hipertensi di wilayah kerja Puskesmas Larangan. **Metode:** jenis penelitian ini berupa korelasional dengan pendekatan *cross sectional*. Populasi pada penelitian ini sebanyak 63 lansia penderita hipertensi di wilayah kerja Puskesmas Larangan dengan tehnik pengambilan sampel sesuai kriteria peneliti dan menggunakan non-probabiliti *purposive* sampling diperoleh sebanyak 54 responden. Penelitian dilaksanakan di Kecamatan Larangan pada bulan November-Desember 2022. Pengumpulan data dilakukan dengan memberikan kuesioner jenis *Close ended-Multiple choice question* dengan menggunakan skala *ordinal* memuat 40 *item* pertanyaan *Hypertension Self care management* kemudian dilakukan pengolahan data dan uji analisis *Rank spearman*. **Hasil:** hasil penelitian menunjukkan skor rata-rata *self care management* lansia berada dalam kategori baik dan dukungan keluarga pada lansia berada dalam kategori tinggi. Hasil uji *rank spearman* menunjukkan terdapat hubungan positif dan sangat kuat antara *self care management* dukungan keluarga lansia penderita hipertensi di wilayah kerja Puskesmas larangan $p=005(0,000)$. **Kesimpulan:** lansia penderita hipertensi diharapkan dapat meningkatkan atau mempertahankan *self care management* yang baik yaitu dengan selalu mengintegrasikan dan meregulasi diri menjadi lebih baik dalam menjaga kesehatan, berdiskusi/memeriksakan diri mengenai penyakit hipertensi yang diderita, memantau tekanan darah, serta patuh terhadap anjuran yang disarankan tenaga kesehatan sehingga kualitas hidup dapat meningkat.

Kata kunci: Hipertensi, dukungan keluarga, *self care management*, lansia.

ABSTRACT

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF CARE MANAGEMENT IN ELDERLY WITH HYPERTENSION IN THE VILLAGE OF LARARANGAN OUTSIDE THE SUB-DISTRICT OF LARANGAN PAMEKASAN DISTRICT

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Introduction: Hypertension is a condition of increased blood vessel pressure where the systolic pressure is ≥ 140 mmHg and the diastolic pressure is ≥ 90 mmHg, this disease is often suffered by the elderly, especially in the work area of the Banned Public Health Center where the incidence rate is still quite high even though the community is diligent in controlling this disease and visiting the Puskesmas. will cause disruption in life. The purpose of this study was to determine the relationship between family support and self-care management for elderly people with hypertension in the working area of the Larangan Health Center. **Method:** this type of research is correlational with a cross sectional approach. The population in this study were 63 elderly people with hypertension in the work area of the Larangan Health Center. The sampling technique was according to the researchers' criteria and using non-probability purposive sampling, a total of 54 respondents were obtained. The research was carried out in Larangan District in November-December 2022. Data collection was carried out by giving a Close ended-Multiple choice question type questionnaire using an ordinal scale containing 40 items of Hypertension Self care management questions then data processing and Rank Spearman analysis tests were carried out. **Result:** the results of the study show that the average score of self care management for the elderly is in the good category and family support for the elderly is in the high category. The results of the Spearman rank test showed that there was a positive and very strong relationship between self care management and family support for elderly people with hypertension in the work area of the prohibition health center $p=005(0.000)$. **Conclusion:** elderly people with hypertension are expected to be able to improve or maintain good self-care management, namely by always integrating and self-regulating to be better at maintaining health, discussing/examining themselves about hypertension, monitoring blood pressure, and complying with recommendations suggested by health workers health so that the quality of life can be improved.

Keywords: Hypertension, family support, self care management, elderly