

ABSTRAK

GAMBARAN FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN *SELF CARE* PADA PENDERITA HIPERTENSI DI PUSKESMAS DASUK

Oleh : Miftahol Warisin

Hipertensi adalah tekanan darah sistolik 140 mmHg dan atau tekanan darah diastolik 90 mmHg, pada pemeriksaan yang berulang. Strategi *self care* penting untuk mencegah peningkatan tekanan darah semua tahap hipertensi. Tujuan penelitian untuk mengetahui faktor berhubungan dengan *self care* pada penderita hipertensi di Puskesmas Dasuk.

Desain penelitian yang digunakan adalah deskriptif dengan pendekatan *cross sectional*, Variabel independen pengetahuan, *self efficacy*, dan dukungan keluarga. Variabel dependen adalah *self care* penderita hipertensi. Waktu penelitian satu bulan di Puskesmas Dasuk, Populasi 48 orang, sampel 43 orang, teknik sampling menggunakan *purposive sampling*. Instrumen penelitian kuisioner pengetahuan, *self efficacy*, dukungan keluarga, dan *self care*

Hasil penelitian didapat hampir setengah pengetahuan responden adalah kurang, yaitu sebanyak 20 responden (46,5%), hampir setengah *self efficacy* responden adalah kurang, yaitu sebanyak 18 responden (41,9%), hampir setengah dukungan keluarga responden adalah cukup, yaitu sebanyak 21 responden (48,8%), dan hampir setengah *self care* responden adalah kurang, yaitu sebanyak 19 responden (44,2%) penderita hipertensi di Puskesmas Dasuk.

Perawat *agent of change* berperan merubah perilaku dan pola hidup yang berkaitan dengan pemeliharaan kesehatan. Perawat memberdayakan keluarga untuk melakukan pendampingan penderita hipertensi dalam melakukan perawatan diri secara mandiri sebagai upaya menurunkan dan mempertahankan tekanan darah.

Kata kunci : *pengetahuan, self efficacy, dukungan keluarga, self care*

ABSTRACT

FACTORS RELATED TO SELF-CARE IN HYPERTENSION PATIENTS IN DUSUK HEALTH CENTER

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Hypertension is a systolic blood pressure of 140 mmHg and / or diastolic blood pressure of 90 mmHg, on repeated examinations. Self care strategies are important to prevent an increase in blood pressure at all stages of hypertension. The purpose of this study was to determine factors associated with self care in patients with hypertension at the Dasuk Health Center.

The research design used is descriptive with cross sectional approach, independent variables of knowledge, self efficacy, and family support. The dependent variable is hypertension self care. One month of research at the Dasuk Health Center, a population of 48 people, a sample of 43 people, the sampling technique used purposive sampling. The research instrument is a questionnaire of knowledge, self efficacy, family support, and self care.

The results of the study found that almost half of respondents' knowledge was lacking, namely as many as 20 respondents (46.5%), almost half of respondents' self-efficacy was lacking, namely as many as 18 respondents (41.9%), almost half the respondent's family support was sufficient, namely as many as 21 respondents (48.8%), and almost half of the self care respondents were lacking, as many as 19 respondents (44.2%) patients with hypertension at the Dasuk Health Center.

The agent of change nurse plays a role in changing behavior and lifestyle related to health care. Nurses empower families to assist hypertension sufferers in self-care independently in an effort to reduce and maintain blood pressure.

Keywords: knowledge, self efficacy, family support, self care