

## ABSTRAK

### **Pengaruh *Supportive Edukatif* Berbasis *Caring* Terhadap Kualitas Hidup Penderita Hipertensi Di Wilayah Puskesmas Pragaan**

**Oleh: Pipit Putri Syafitri**

**Pendahuluan:** Kualitas hidup merupakan persepsi individu tentang keberadaannya di kehidupan dalam konteks budaya dan sistem nilai tempat ia tinggal yang meliputi domain aktifitas fisik, psikologis, sosial dan lingkungan. Strategi intervensi sangat dibutuhkan untuk meningkatkan kesadaran dan perawatan diri. **Tujuan:** penelitian ini bertujuan untuk menganalisis pengaruh *supportive edukatif* berbasis *caring* terhadap kualitas hidup penderita hipertensi. **Metode:** Desain penelitian ini adalah *quasy experimental*. Populasi yaitu seluruh penderita hipertensi sebanyak 60 orang dengan *simple random sampling*, jumlah sampel sebanyak 60 orang terbagi menjadi 2 kelompok yaitu kelompok perlakuan sebanyak 30 orang diberikan intervensi *supportive edukatif* berbasis *caring* dan sebanyak 30 orang kelompok kontrol diberikan pamflet tentang penyakit hipertensi. **Hasil:** penelitian berdasarkan uji Wilcoxon skor kualitas hidup pada kelompok perlakuan setelah diberikan intervensi yaitu  $p=0.000$ . Hasil penelitian ini menunjukkan intervensi *supportive edukatif* berbasis *caring* efektif meningkatkan kualitas hidup penderita hipertensi, intervensi ini bisa menjadi upaya promotif untuk meningkatkan perawatan mandiri pada penderita hipertensi. **Kesimpulan :** Terdapat pengaruh *supportive edukatif* berbasis *caring* terhadap kualitas hidup penderita hipertensi

**Kata kunci:** Kualitas Hidup, Hipertensi, *Supportive Edukatif*, *Caring*

## **ABSTRACT**

### ***The Effect Of Caring-Based Supportive Education On Quality Of Life Of Hypertension Patients In The Pragaan Health Center***

**By: Pipit Putri Syafitri**

**Introduction:** *Quality of life is an individual's perception of his existence in life in the context of the culture and value system in which he lives which includes the domains of physical, psychological, social and environmental activities. Intervention strategies are urgently needed to increase awareness and self-care.*

**Objective:** *This study aims to analyze the effect of caring-based supportive education on the quality of life of hypertensive patients.*

**Methods:** *The design of this study was quasi experimental. The population is 60 people with hypertension with simple random sampling. The total sample is 60 people divided into 2 groups, namely the treatment group, 30 people given caring-based supportive educative intervention and 30 people in the control group given pamphlets about hypertension.*

**Results:** *research based on the Wilcoxon test, the quality of life score in the treatment group after the intervention was given, namely  $p = 0.000$ . The results of this study showed that caring-based supportive educative interventions were effective in improving the quality of life of hypertensive patients, this intervention could be a promotive effort to improve self-care in hypertensive patients.*

**Conclusion:** *There is an effect of caring-based educational support on the quality of life of patients with hypertension*

**Keywords:** *Quality of Life, Hypertension, Supportive Education, Caring*