

**ABSTRAK**  
**HUBUNGAN *SELF MANAGEMENT* DENGAN PERAWATAN DIRI PADA**  
**PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKEMAS**  
**PAMOLOKAN**

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Hipertensi sering disebut *the silent killer* karena penyakit ini merupakan pembunuh tersembunyi serta menjadi ancaman bagi masyarakat di negara berkembang. Pengendalian tekanan darah pada penderita Hipertensi lebih efektif bila prioritas pengendalian melalui *Self management*. Beberapa faktor yang mempengaruhi *Self management* pada penderita Hipertensi antara lain pengetahuan, tingkat pendidikan, serta perawatan diri. Tujuan penelitian untuk mengetahui hubungan *Self management* dengan Perawatan diri pada penderita Hipertensi Di Wilayah Kerja Puskesmas Pamolokan.

Desain penelitian yang digunakan yaitu observasional analitik dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 224 orang penderita Hipertensi Di Wilayah Kerja Puskesmas Pamolokan. Teknik sampling penelitian ini menggunakan *Simple Random Sampling* dengan besar sampel 67 orang. Pengumpulan data menggunakan kuesioner *self management* dan perawatan diri penderita Hipertensi. Analisis data menggunakan *uji rank spearman* ( $p < \alpha$ ) 0,05.

Hasil penelitian *self management* penderita Hipertensi didapatkan sebagian besar responden 52 orang (77,6%), sedangkan perawatan diri sebagian besar responden 47 orang (70,1%) masuk pada kategori kurang. Hasil uji analisis statistik kolerasi spearman menunjukkan bahwa nilai *significancy* value = 0,02 ( $p < \alpha$  0,02), artinya  $H_0$  ditolak  $H_1$  diterima, yang berarti ada hubungan *self management* dengan perawatan diri pada penderita hipertensi di wilayah kerja puskesmas pamolokan, dengan koefisien kolerasi atau kekuatan hubungan sangat lemah dengan 0,276 dengan arah hubungan positif.

Tenaga kesehatan perlu meningkatkan promosi kesehatan tentang perawatan diri pada masyarakat untuk melakukan pencegahan dan penanggulangan Hipertensi dimulai dari kesadaran masyarakat dan perubahan pola hidup ke arah yang lebih sehat.

**Kata Kunci:** *Self Management*, Perawatan Diri, Hipertensi.

**ABSTRACT**  
**THE RELATIONSHIP OF SELF MANAGEMENT WITH SELF-CARE IN**  
**HYPERTENSION PATIENTS IN THE WORK AREA OF PAMOLOKAN**  
**PUSKEMAS**

By : Anni Akifa Sari

*Hypertension is often called the silent killer because this disease is a hidden killer and a threat to people in developing countries. Control of blood pressure in patients with hypertension is more effective if the priority of control is through self management. Several factors that influence self-management in patients with hypertension include knowledge, education level, and self-care. The purpose of the study was to determine the relationship between self-management and self-care in patients with hypertension in the work area of the Pamolokan Health Center.*

*The research design used was analytic observational with a cross sectional approach. The study population was 224 people with hypertension in the Pamolokan Health Center Work Area. The sampling technique used in this study was Simple Random Sampling with a sample size of 67 people. Collecting data using a self-management questionnaire and self-care for hypertension sufferers. Data analysis uses the Spearman rank test ( $p < \alpha$ ) 0,05.*

*The results of self-management research with hypertension sufferers found that most of the respondents were 52 people (77.6%), while self-care most of the respondents were 47 people (70.1%) which were in the poor category. The results of the Spearman correlation statistical analysis test showed that the significance value of  $p$  value = 0 .02 ( $p < \alpha$  0.02), meaning that  $H_0$  is rejected,  $H_1$  is accepted, which means that there is a relationship between self-management and self-care in hypertension sufferers in the work area of the Pamolokan Public Health Center, with a correlation coefficient or the strength of the relationship is very weak with 0.276 with a positive direction.*

*Health workers need to improve health promotion about self-care in the community to prevent and control hypertension starting from public awareness and changing lifestyles to a healthier direction.*

**Keywords:** *Self Management, Self Care, Hypertension.*