

## ABSTRAK

### HUBUNGAN *SELF EFFICACY* DENGAN *TREATMENT ADHERENCE* PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS PAKONG PAMEKASAN

Oleh: Siti Aisyah

**Pendahuluan:** Hipertensi merupakan kondisi meningkatnya tekanan pembuluh darah dimana tekanan sistolikinya  $\geq 140$  mmHg dan tekanan diastolikinya  $\geq 90$  mmHg, penyakit hipertensi ini banyak diidap oleh lansia terutama di wilayah kerja Puskesmas Pakong dimana angka kejadiannya masih cukup tinggi meskipun masyarakatnya rajin kontrol dan mendatangi puskesmas atau posyandu, penyakit ini akan menyebabkan gangguan dalam menjalani kehidupannya. Tujuan penelitian ini untuk mengetahui hubungan *self-efficacy* dengan treatment adherence pada penderita hipertensi di wilayah kerja Puskesmas Pakong. **Metode:** jenis penelitian ini berupa korelasional dengan pendekatan *cross sectional*. Populasi pada penelitian ini sebanyak 133 lansia penderita hipertensi di wilayah kerja Puskesmas Pakong dengan tehnik pengambilan sampel sesuai kriteria peneliti dan menggunakan *Probability-simple random sampling* diperoleh sebanyak 100 responden. Penelitian dilaksanakan di Kecamatan Pakong 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 efficacy Behavior Questionnaire* (HSMBQ) dan 26 *item* pertanyaan *World Health Organization Quality of Life Brief Version* (WHOQOL-Bref), kemudian dilakukan pengolahan data dan uji analisis *Rank spearman*. **Hasil:** hasil penelitian menunjukkan skor rata-rata *self-efficacy* berada dalam kategori baik dan treatment adherence berada dalam kategori cukup. Hasil uji *rank spearman* menunjukkan terdapat hubungan positif dan sangat kuat antara *self-efficacy* dengan treatment adherence pada penderita hipertensi di wilayah kerja Puskesmas Pakong ( $p = 0,000$ ;  $r = 0,836$ ). **Kesimpulan:** penderita hipertensi diharapkan dapat meningkatkan atau mempertahankan *self-efficacy* 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, *Self-efficacy*, treatment adherence

## ABSTRACT

### RELATIONSHIP OF SELF-EFFICACY WITH TREATMENT ADHERENCE WITH HYPERTENSION IN THE WORK AREA OF PAKONG HEALTH CENTER

By: Siti Aisyah

**Introduction:** Hypertension is a condition of increased blood vessel pressure where the systolic pressure is  $\geq 140$  mmHg and the diastolic pressure is  $\geq 90$  mmHg. Many elderly people suffer from hypertension, especially in the Working Area of the Pakong Health Center where the incidence rate is still quite high even though the community is diligent in controlling it and visiting the puskesmas or posyandu. The purpose of this study was to determine the relationship between self-management and the quality of life of elderly people with hypertension in the Pakong Health Center Work Area. This disease will cause disruption in living his life. **Methods:** his type of research is correlational with a cross sectional approach. The population in this study were 133 elderly people with hypertension in the Pakong Health Center Working Area. The sampling technique was according to the researchers' criteria and using Probability-simple random sampling, 100 respondents were obtained. The research was conducted in Pakong District in November-December 2022. Data collection was carried out by giving Close ended-Multiple choice question questionnaires using an ordinal scale containing 40 Hypertension Self Management Behavior Questionnaire (HSMBQ) questions and 26 World Health Organization Quality of Life Brief Version (WHOQOL-Bref), then data processing and Spearman Rank analysis tests were carried out. **Results:** the results of the study show that the average score of the elderly's self-management is in the good category and the quality of life of the elderly is in the sufficient category. The results of the Spearman rank test showed that there was a positive and very strong relationship between self-management and the quality of life of elderly people with hypertension in the Pakong Health Center Work Area ( $p = 0.000$ ;  $r = 0.836$ ). **Conclusion:** elderly people with hypertension are expected to be able to improve or maintain good self-management 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, Self-efficacy treatment adherence, elderly.