

ABSTRAK

HUBUNGAN *SELF-EFFICACY* DENGAN *SELF-MANAGEMENT* PADA PASIEN HIPERTENSI DI RSUD Dr H MOH ANWAR SUMENEP**Oleh: Frendy**

Hipertensi merupakan penyakit yang bisa menyerang siapa saja baik tua maupun muda. Penyakit hipertensi dikenal sebagai *the silent killer*, karena kasus tidak timbul gejala dan tanpa tanda spesifik sehingga terjadi komplikasi yang serius serta secara tiba-tiba membawa kematian pada seseorang. Menghadapi pasien hipertensi diperlukan adanya kepatuhan dalam mengendalikan pola gaya hidup mereka untuk meningkatkan derajat kesehatannya. Tujuan Menghadapi pasien hipertensi diperlukan adanya kepatuhan dalam mengendalikan pola gaya hidup mereka untuk meningkatkan derajat kesehatannya. Pengendalian penyakit hipertensi dilakukan dengan cara diet rendah garam, mengurangi konsumsi alkohol, tidak merokok, olahraga atau latihan fisik, dan konsumsi obat anti-hipertensi.

Tujuan penelitian ini untuk menganalisis hubungan *Self-efficacy* dengan *Self-management* pada pasien hipertensi. Penelitian ini merupakan penelitian kuantitatif menggunakan desain analitik korelasional dengan pendekatan *Cross-sectional*. Pengambilan sampel penelitian ini menggunakan *Random-sampling* dengan 36 responden. Variabel independent *Self-efficacy* dan variabel dependen *Self-management*. Pengumpulan data menggunakan lembar kuesioner *Self-efficacy to manage hypertension yang dirancang oleh (Warren-Findlow & Huber., 2013)* dan *Self-management* berdasarkan *development of the persian hypertension self-management Questionnaire* pada tahun 2019.

Hasil penelitian ini didapatkan Sebagian besar responden memiliki *Self-efficacy* buruk sebanyak 19 dengan presentase 52,8% dan hampir setengahnya responden memiliki *self-management* buruk sebanyak 17 dengan presentase 47,2%. Hasil uji *statistic* didapatkan nilai $p < 0,05$ sehingga di nyatakan ada hubungan secara signifikan variabel *Self-efficacy* dengan *Self-managemet* pada pasien hipertensi di RSUD dr Moh Anwar Sumenep. Diharapkan pasien hipertensi memiliki *Self-efficacy* yang baik sehingga menerapkan *Self-management* dengan baik seperti diet rendah garam, memkonsumsi obat secara teratur menerapkan pola gaya hidup sehat.

Kata kunci: *Self-efficacy*, *Self-management*, Hipertensi

ABSTRACT**CORRELATION BETWEEN SELF-EFFICACY AND SELF-MANAGEMENT
IN HYPERTENSION PATIENTS AT RSUD DR H MOH
ANWAR SUMENEP****By: Frendy**

Hypertension is a disease that can attack anyone, both young and old. Hypertensive disease is known as the silent killer, because cases do not arise symptoms and without specific signs so that serious complications occur and suddenly bring death to a person. Facing hypertensive patients requires compliance in controlling their lifestyle patterns to improve their health status. Purpose Facing hypertensive patients requires compliance in controlling their lifestyle patterns to improve their health status. Control of hypertension is carried out by means of a low-salt diet, reducing alcohol consumption, not smoking, exercise or physical exercise, and consumption of anti-hypertensive drugs.

The purpose of this study was to analyze the relationship of Self-efficacy with Self-management in hypertensive patients. This research is a quantitative research using correlational analytical design with a Cross-sectional approach. The sampling of this study was Random-sampling with 36 respondents. The independent variable Self-efficacy and the dependent variable Self-management. Data collection using questionnaire sheets Self-efficacy to manage hypertension yang dirancang oleh (Warren-Findlow & Huber., 2013) end Self-management is based on the development of the persian hypertension self-management Questionnaire in 2019.

Most respondents had 19 poor Self-efficacy with a percentage of 52.8% and almost half of respondents had 17 poor self-management with a percentage of 47.2%. The results of statistical tests obtained p values of $0.001 < 0.05$ so that it was stated that there was a significant relationship between Self-efficacy variables and Self-management in hypertensive patients at Dr. Moh Anwar Sumenep Hospital. It is expected that hypertensive patients have good Self-efficacy so as to apply Self-management well such as a low-salt diet, taking drugs regularly applying a healthy lifestyle pattern.

Keywords: *Self-efficacy, Self-management, Hypertension*