

## ABSTRAK

### HUBUNGAN *SELF EFFICACY* DENGAN *SELF CARE MANAGEMENT* PADA PENDERITA HIPERTENSI DI DUSUN ASEMMANIS DESA BUDDAGAN KECAMATAN PADEMAWU KABUPATEN PAMEKASAN

Oleh: Erika Yulia Qurratu A'yuni

**Pendahuluan:** Pengendalian hipertensi di masyarakat secara umum masih belum optimal. Faktor yang mempengaruhi diantaranya yaitu *self care management*. Individu yang memiliki *self efficacy* yang tinggi akan mengalami peningkatan yang signifikan terhadap kepatuhan pengobatan, dan juga manajemen diri. Penelitian ini bertujuan untuk mengetahui hubungan *self efficacy* dengan *self care management* pada pasien hipertensi di Dusun Asemmanis Desa Buddagan. **Metode:** Desain penelitian analitik korelasi dengan pendekatan *cross sectional*. Populasi penelitian ini seluruh masyarakat Dusun Asemmanis Desa Buddagan yang menderita hipertensi dengan teknik *sampling simple random sampling* dengan jumlah sampel 34 orang. Pengumpulan data menggunakan kuesioner tertutup. Data yang diperoleh diolah dengan metode *editing, coding, scoring, tabulating* dan *interpreting* dan dianalisa statistik menggunakan uji korelasi rank spearman. **Hasil:** Didapatkan bahwa setengah responden di Dusun Asemmanis sebanyak 17 responden (50%) mempunyai *self efficacy* yang rendah dan sebagian besar responden di Dusun Asemmanis sebanyak 22 responden (65%) mempunyai *self care management* yang cukup serta berdasarkan uji korelasi rank spearman nilai ( $p$ -value)  $0,000 < 0,05$  yang bermakna terdapat hubungan *self efficacy* dengan *self care management* pada penderita hipertensi di Dusun Asemmanis Desa Buddagan. **Kesimpulan:** Hipertensi sebagai penyakit kronis harus ditangani lebih baik lagi dengan meningkatkan keyakinan serta motivasi penderita untuk melakukan *self care management* yang baik.

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

## ABSTRACT

### ***THE RELATIONSHIP BETWEEN SELF EFFICACY WITH SELF-CARE MANAGEMENT IN HYPERTENSION PATIENTS IN ASEMMANIS HAMLET, BUDDAGAN VILLAGE, PADEMAWU DISTRICT, PAMEKASAN***

**By: Erika Yulia Qurratu A'yuni**

**Introduction:** Hypertension control in society, in general, is still not optimal. Factors that influence include self-care management. Individuals who have high self-efficacy will experience a significant increase in treatment compliance and self-management. This study aims to determine the relationship between self-efficacy and self-care management in hypertensive patients in Asemmanis Hamlet, Buddagan Village. **Method:** The method was a Correlation analytical research design with a cross-sectional approach. The population of this study was the entire community of Asemmanis Hamlet, Buddagan Village, who suffered from hypertension using a simple random sampling technique with a sample size of 34 people. Data collection used a closed questionnaire. The data obtained was processed using editing, coding, scoring, tabulating, and interpreting methods and statistically analyzed using the Spearman rank correlation test. **Results:** It was found that half of the respondents in Asemmanis Hamlet, 17 respondents (50%), had high self-efficacy and the majority of respondents in Asemmanis Hamlet, 22 respondents (65%) had adequate self-care management and based on the Spearman rank correlation test, the value ( $\rho$ -value) was  $0.000 < 0.05$ , which means there is a relationship between self-efficacy and self-care management in hypertension sufferers in Asemmanis Hamlet, Buddagan Village. **Conclusion:** Hypertension as a chronic disease must be handled better by increasing sufferers' confidence and motivation to carry out good self-care management.

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