

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
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**Hubungan *Self Care Management* Terhadap Kontrol Tekanan Darah Pada Pasien
Hipertensi Di Klinik Utama Nusa Lima Pekanbaru**

Xiv + 60 Halaman + 10 Tabel + 1 Skema + 11 Lampiran

ABSTRAK

Hipertensi merupakan penyakit tidak menular yang menjadi salah satu penyebab utama morbiditas dan mortalitas di dunia. Pengendalian tekanan darah pada pasien hipertensi memerlukan *self care management* yang optimal, meliputi kepatuhan pengobatan, pengaturan pola makan, aktivitas fisik, pemantauan tekanan darah, dan pemeriksaan kesehatan rutin. Penelitian ini bertujuan menganalisis hubungan *self care management* dengan pengendalian tekanan darah pada pasien hipertensi di Klinik Utama Nusa Lima Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh pasien hipertensi yang berobat di poliklinik penyakit dalam Klinik Utama Nusa Lima Pekanbaru sebanyak 261 orang. Sampel berjumlah 72 responden yang dipilih menggunakan teknik *accidental sampling*. Pengumpulan data menggunakan *Hypertension Self-Management Behavior Questionnaire (HSMBQ)* dan lembar observasi tekanan darah. Analisis data menggunakan uji Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan 42 responden (58%) memiliki *self care management* baik dan 43 responden (60%) memiliki tekanan darah terkontrol. Hasil uji Chi-Square menunjukkan adanya hubungan signifikan antara *self care management* dengan pengendalian tekanan darah ($p < 0,001$). Dengan demikian, *self care management* berhubungan signifikan dengan pengendalian tekanan darah pada pasien hipertensi. Edukasi kesehatan berkelanjutan diperlukan untuk meningkatkan *self care management* dan mengurangi risiko komplikasi hipertensi.

Kata kunci: hipertensi, HSMBQ, *self care management*, tekanan darah.

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**The Relationship Between Self-Care Management and Blood Pressure Control
Among Hypertensive Patients at Nusa Lima Main Clinic, Pekanbaru**

xiv + 60 pages + 10 tables + 1 diagram + 11 appendices

ABSTRACT

Hypertension is a non-communicable disease that stands as a leading cause of morbidity and mortality worldwide. Controlling blood pressure in hypertensive patients requires optimal self-care management, encompassing medication adherence, dietary regulation, physical activity, blood pressure monitoring, and routine health check-ups. This study aimed to analyze the relationship between self-care management and blood pressure control among hypertensive patients at the Nusa Lima Utama Clinic in Pekanbaru. A quantitative method was employed, utilizing a descriptive-correlational design and a cross-sectional approach. The study population consisted of all 261 hypertensive patients receiving treatment at the internal medicine clinic of the Nusa Lima Utama Clinic in Pekanbaru. A sample of 72 respondents was selected using the accidental sampling technique. Data were collected using the Hypertension Self-Management Behavior Questionnaire (HSMBQ) and blood pressure observation sheets. Data analysis was performed using the Chi-Square test with a significance level of $\alpha = 0.05$. The results showed that 42 respondents (58%) demonstrated good self-care management, while 43 respondents (60%) had controlled blood pressure. The Chi-Square test results indicated a significant relationship between self-care management and blood pressure control ($p < 0.001$). Thus, self-care management is significantly associated with blood pressure control in hypertensive patients. Continuous health education is essential to improve self-care management and reduce the risk of hypertension-related complications.

Keywords: hypertension, HSMBQ, self-care management, blood pressure.