

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN  
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**Gambaran Self-Management pada Pasien Hipertensi di Puskesmas Simpang Tiga Pekanbaru**

**xiv + 75 Halaman + 6 Tabel + 1 Skema + 6 Lampiran**

**ABSTRAK**

Hipertensi merupakan salah satu penyakit kronis yang membutuhkan pengelolaan secara berkelanjutan untuk mencegah terjadinya komplikasi. Salah satu upaya pengelolaan hipertensi adalah self-management yang meliputi kepatuhan pengobatan, pengaturan pola makan, aktivitas fisik, pemantauan tekanan darah, serta kepatuhan terhadap anjuran tenaga kesehatan (Agastiya & Risnawati, 2024). Self-management penting dilakukan oleh pasien hipertensi karena membutuhkan keterlibatan aktif dalam menjaga dan mengelola kondisi kesehatannya secara mandiri (Fernalia, 2021). Penelitian ini bertujuan untuk mengetahui gambaran self-management pada pasien hipertensi di Puskesmas Simpang Tiga Kota Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan pendekatan cross-sectional. Sampel penelitian berjumlah 193 responden. Pengumpulan data dilakukan menggunakan Hypertension Self-Management Behaviour Questionnaire (HSMBQ) yang terdiri dari 40 item pernyataan dengan skala Likert. Analisis data menggunakan analisis univariat untuk menggambarkan karakteristik responden dan tingkat self-management. Hasil penelitian menunjukkan bahwa dari 193 responden, sebanyak 95 responden (49,2%) memiliki self-management kategori baik, 88 responden (45,6%) kategori cukup, dan 10 responden (5,2%) kategori kurang. Kesimpulan penelitian menunjukkan bahwa sebagian besar pasien hipertensi di Puskesmas Simpang Tiga Kota Pekanbaru memiliki self-management dalam kategori baik. Pasien hipertensi diharapkan dapat mempertahankan dan meningkatkan self-management dalam pengelolaan hipertensi secara konsisten.

Kata kunci: Hipertensi, Self-Management, HSMBQ

Daftar Bacaan: 40 referensi (2019–2026).

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**An Overview of Self-Management Among Hypertensive Patients at Simpang Tiga Public Health Center, Pekanbaru**

**xiv + 75 pages + 6 tables + 1 diagram + 6 appendices**

**ABSTRACT**

Hypertension is a chronic disease that requires continuous management to prevent complications. One of the efforts to manage hypertension is self-management, which includes medication adherence, dietary management, physical activity, blood pressure monitoring, and adherence to healthcare recommendations (Agastiya & Risnawati, 2024). Self-management is important for hypertensive patients because it requires active involvement in maintaining and managing their health condition independently (Fernalia, 2021). This study aimed to describe self-management among hypertensive patients at Simpang Tiga Community Health Center, Pekanbaru. This study used a quantitative method with a cross-sectional approach. The sample consisted of 193 respondents. Data were collected using the Hypertension Self-Management Behaviour Questionnaire (HSMBQ), consisting of 40 statement items using a Likert scale. Data were analyzed using univariate analysis to describe the characteristics of respondents and the level of self-management. The results showed that among 193 respondents, 95 respondents (49.2%) had a good level of self-management, 88 respondents (45.6%) had a moderate level, and 10 respondents (5.2%) had a poor level. The study concluded that most hypertensive patients at Simpang Tiga Community Health Center, Pekanbaru, had a good level of self-management. Hypertensive patients are expected to maintain and improve their self-management consistently in managing hypertension.

**Keywords:** Hypertension, Self-Management, HSMBQ

**References:** 40 references (2019–2026)