

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Gambaran *Self Care Management* Pada Pasien Hipertensi Di Wilayah Kerja
Puskesmas Simpang Tiga Kota Pekanbaru

xiii + 27 halaman + 9 tabel + 1 skema + 16 lampiran

ABSTRAK

Self care management Hipertensi adalah kemampuan seseorang dalam mempertahankan perilaku yang efektif dan manajemen penyakit yang dapat diterapkan dalam kehidupan sehari-hari dalam menurunkan dan menjaga kestabilan tekanan darah. Tujuan penelitian ini untuk mengidentifikasi gambaran *self care management* pada pasien hipertensi di wilayah kerja Puskesmas Simpang Tiga Kota Pekanbaru. Jenis penelitian ini adalah penelitian kuantitatif dengan desain deskriptif. Pengambilan sampel pada penelitian ini menggunakan teknik *Purposive sampling* dengan jumlah sampel 133 orang, kuesioner yang digunakan dalam penelitian ini adalah kuesioner HMBSQ dengan 25 pernyataan, penelitian ini dilakukan dari bulan Mei-Juli 2024. Hasil penelitian menunjukkan *self care management* pada pasien hipertensi berdasarkan integrasi diri dengan kategori cukup 121 responden (91.0%), *self care management* pada pasien hipertensi berdasarkan regulasi diri kategori baik 103 responden (77.4%), *self care management* pada pasien hipertensi berdasarkan interaksi dengan tenaga kesehatan dan lainnya kategori cukup 76 responden (57.1%), *self care management* pada pasien hipertensi berdasarkan pemantauan diri kategori cukup 79 responden (59.4%), *self care management* pada pasien hipertensi berdasarkan kepatuhan terhadap aturan yang dianjurkan kategori baik 99 responden (74.4%). Kesimpulan *Self care management* pada pasien hipertensi pada kategori baik (berdasarkan regulasi diri dan kepatuhan terhadap aturan yang dianjurkan), kategori cukup (berdasarkan integrasi diri, interaksi dengan tenaga kesehatan dan pemantauan diri). Diharapkan petugas kesehatan meningkatkan edukasi terkait *self care management* berdasarkan integrasi diri, interaksi dengan tenaga kesehatan dan pemantauan diri pada pasien hipertensi.

Kata Kunci : *Self care management*, Hipertensi
Daftar Pustaka : 59 (2019-2024)

**NURSING PROGRAM STUDY
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Description of Self Care Management in Hypertension Patients in the Simpang Tiga
Health Center Work Area, Pekanbaru City

xiii + 27 pages + 9 tables + 1 scheme + 16 appandice

ABSTRAK

Hypertension or high blood pressure is an increase in blood pressure in the arteries, where Hyper means excessive and Tension means pressure/tension. Self care management is a person's ability to maintain effective behavior and disease management that can be applied in daily life to reduce and maintain stable blood pressure. The aim of this research is to identify features of self-care management in hypertensive patients in the working area of Simpang Tiga Health Center, Pekanbaru City. This type of research is quantitative research with a descriptive design. Sampling in this study used accidental sampling technique with a sample size of 133 people. The results of the study showed that self-care management in hypertensive patients was based on self-integration in the adequate category, 121 respondents (91.0%), self-care management in hypertensive patients was based on self-regulation in the good category, 103 respondents (77.4%), self-care management in hypertensive patients was based on interaction with staff. health and others in the fair category 76 respondents (57.1%), self-care management in hypertensive patients based on self-monitoring in the fair category 79 respondents (59.4%), self-care management in hypertensive patients based on compliance with the recommended rules good category 99 respondents (74.4%). Self care management in hypertensive patients is in the good category (based on self-regulation and compliance with recommended rules), the adequate category (based on self-integration, interaction with health workers and self-monitoring). It is hoped that health workers will increase education regarding self-care management based on self-integration, interaction with health workers and self-monitoring in hypertensive patients.

Keywords : Self care management, hypertension
Reference : 59 (2019-2024)