

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

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**Hubungan Motivasi Dengan *Self-Care Behavior* Pada Lansia Hipertensi Di
Puskesmas Simpang Tiga Kota Pekanbaru**

Xiii+54+11Tabel+10Lampiran

ABSTRAK

Risiko hipertensi meningkat seiring dengan bertambahnya usia, terutama disaat seseorang menginjak usia diatas 60 tahun. WHO memperkirakan bahwa sebanyak 1,28 miliar orang dewasa berusia 30-79 tahun di seluruh dunia mengalami hipertensi. Salah satu pendekatan untuk mengelola tekanan darah adalah modifikasi perilaku perawatan diri (*self-care behavior*). Motivasi pengendalian tekanan darah adalah dorongan yang dimiliki pasien hipertensi untuk melakukan upaya pengendalian tekanan darah. Penelitian ini bertujuan untuk mengetahui hubungan motivasi dengan *self-care behavior* pada lansia hipertensi di Puskesmas Simpang Tiga Kota Pekanbaru. Desain penelitian yang digunakan adalah desain korelasional dengan pendekatan cross-sectional. Populasi penelitian ini sebanyak 258 lansia penderita hipertensi, Sampel penelitian ini terdiri atas 70 responden lansia, dengan teknik sampling yang digunakan adalah *accidental sampling*. Instrumen penelitian ini menggunakan kuesioner tertutup. Analisis yang digunakan adalah analisis univariat karakteristik responden dan analisis bivariat dengan uji *pearson correlation*. Hasil penelitian didapatkan nilai *pearson correlation* 0,932 dengan *p value* = 0,000 < 0,05 yang artinya H_0 ditolak sehingga disimpulkan terdapat hubungan motivasi dengan *self-care behavior* pada lansia hipertensi di Puskesmas Simpang Tiga Kota Pekanbaru.

Kata kunci : *self-care behavior*, motivasi, hipertensi, lansia

Daftar pustaka : 46 (2014-2024)

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***The Relationship Between Motivation and Self-Care Behavior Among Elderly
with Hypertension at Simpang Tiga Public Health Center, Pekanbaru City***

XIII+54+11Tables+10Appendixes

ABSTRACT

The risk of hypertension increases with age, especially when a person reaches the age of 60 and above. WHO estimates that approximately 1.28 billion adults aged 30–79 years worldwide suffer from hypertension. One approach to managing blood pressure is through the modification of self-care behavior. Blood pressure control motivation refers to the drive possessed by hypertensive patients to engage in efforts to control their blood pressure. This study aims to determine the relationship between motivation and self-care behavior among elderly hypertensive patients at Puskesmas Simpang Tiga, Pekanbaru City. The research design used is a correlational design with a cross-sectional approach. The population of this study consists of 258 elderly hypertensive patients. The sample of this study includes 70 elderly respondents, selected using accidental sampling. The research instrument utilized a closed-ended questionnaire. The analysis employed includes univariate analysis of respondent characteristics and bivariate analysis using the Pearson correlation test. The results of the study show a Pearson correlation value of 0.932 with a p-value of 0.000 (<0.05), indicating that H_0 is rejected. It is concluded that there is a relationship between motivation and self-care behavior among elderly hypertensive patients at Puskesmas Simpang Tiga, Pekanbaru City. Keywords: self-care behavior, motivation, hypertension, elderly

References: 46 (2014-2024)