

HUBUNGAN *SELF-MANAGEMENT* DENGAN TEKANAN DARAH PADA LANSIA PENDEKTA HIPERTENSI DI WILAYAH KERJA UPTD PUSKESMAS CIPAKU TAHUN 2024

Febrianti Safitri
Fakultas Ilmu Kesehatan Universitas Galuh

ABSTRAK

Latar belakang: Hipertensi merupakan penyakit kronis pada sistem kardiovaskuler, penyakit-penyakit sistem kardiovaskuler sering ditemukan pada usia lanjut. Tujuan: penelitian ini bertujuan untuk mengetahui hubungan *self-management* dengan tekanan darah pada lansia penderita hipertensi di wilayah kerja UPTD Puskesmas Cipaku tahun 2024. Metode : penelitian ini menggunakan metode penelitian kuantitatif dengan desain *deskriptif analitik* melalui pendekatan *cross sectional*, teknik pengambilan sampel menggunakan *purposive sampling*, responden dalam penelitian ini berjumlah 86 responden. Pengumpulan data menggunakan lembar observasi tekanan darah dan kuesioner HSMBQ. Teknik analisis data menggunakan uji statistik *Spearman Rank*. Hasil : Penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara *self-management* dengan tekanan darah pada lansia penderita hipertensi di wilayah kerja UPTD Puskesmas Cipaku tahun 2024 karena nilai $p = 0,001$ ($p < 0,05$). Hubungan ini ditunjukkan dengan nilai korelasi sebesar 0,433 yang termasuk kedalam kategori sedang (0,40-0,599). Kesimpulan : Terdapat hubungan antara *self-management* dengan tekanan darah pada lansia penderita hipertensi di wilayah kerja UPTD Puskesmas Cipaku tahun 2024.

Kata kunci : *self-management*, tekanan darah, penderita Hipertensi

THE RELATIONSHIP BETWEEN SELF-MANAGEMENT AND BLOOD PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION IN THE WORK AREA OF UPTD PUSKESMAS CIPAKU IN 2024

Febrianti Safitri
Galuh University Faculty of Health Sciences

ABSTRACT

Background: Hypertension is a chronic disease of the cardiovascular system, diseases of the cardiovascular system are often found in old age. Purpose: This study aims to determine the relationship between self-management and blood pressure in elderly people with hypertension in the Cipaku UPTD Puskesmas work area in 2024. Methods: this study used quantitative research methods with descriptive analytic design through a cross sectional approach, the sampling technique used purposive sampling, the respondents in this study amounted to 86 respondents. Data collection using blood pressure observation sheets and HSMBQ questionnaires. Data analysis techniques using the Spearman Rank statistical test. Results: The study shows that there is a significant relationship between self-management and blood pressure in elderly people with hypertension in the Cipaku UPTD Puskesmas work area in 2024 because the p value = 0.001 ($p < 0.05$). This relationship is indicated by a correlation value of 0.433 which is included in the moderate category (0.40-0.599). Conclusion: There is a relationship between self-management and blood pressure in elderly people with hypertension in the Cipaku UPTD Puskesmas working area in 2024.

Keywords: self-management, blood pressure, hypertension patients