

ABSTRAK

HUBUNGAN KOMUNIKASI KELUARGA DENGAN *SELF-EFFICACY* PADA LANSIA PENDERITA HIPERTENSI DI KELURAHAN SINDANGRASA WILAYAH KERJA PUSKESMAS CIAMIS

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Latar Belakang: Komunikasi keluarga memiliki peran penting dalam memengaruhi *self efficacy* pada lansia penderita hipertensi. **Tujuan :** mengetahui hubungan komunikasi keluarga dengan *self-efficacy* pada lansia penderita hipertensi di Kelurahan Sindangrasa Wilayah Kerja Puskesmas Ciamis. **Metode Penelitian :** Kuantitatif menggunakan pendekatan *cross-sectional* dengan populasi pasien lansia penderita hipertensi di Kelurahan Sindangrasa wilayah kerja Puskesmas Ciamis, yang berjumlah 61 orang dan sampel 61 responden yang dipilih melalui *total sampling*. **Instrumen :** menggunakan kuesioner Komunikasi keluarga dan *self-efficacy*. **Hasil:** menunjukkan bahwa Komunikasi keluarga pada lansia penderita hipertensi di Kelurahan Sindangrasa Wilayah Kerja Puskesmas Ciamis sebagian besar berada pada kategori kurang efektif (68,9%), sedangkan *self-efficacy* lansia didominasi oleh kategori sedang (67,2%). Hasil ini menunjukkan bahwa komunikasi keluarga dalam mendukung pengelolaan hipertensi masih belum optimal, sementara sebagian besar lansia telah memiliki keyakinan yang cukup untuk mengelola penyakitnya, namun masih memerlukan penguatan agar mampu melakukan perawatan diri secara lebih mandiri dan berkelanjutan. Analisis menggunakan uji Spearman's rho menunjukkan adanya hubungan yang kuat dan signifikan antara komunikasi keluarga dengan *self-efficacy* pada lansia penderita hipertensi ($r = 0,525$; $p = 0,000$). **Kesimpulan :** komunikasi keluarga berperan penting dalam memengaruhi *self efficacy* pada lansia penderita hipertensi.

Kata Kunci : *komunikasi keluarga, self efficacy, lansia penderita hipertensi.*

ABSTRACT

THE RELATIONSHIP BETWEEN FAMILY COMMUNICATION AND SELF-EFFICACY IN ELDERLY HYPERTENSION SUFFERING IN SINDANGRASA VILLAGE, IN THE WORKING AREA OF THE CIAMIS PUBLIC HEALTH CENTER

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Background: Family communication plays a crucial role in influencing self-efficacy in elderly people with hypertension. **Objective:** To determine the relationship between family communication and self-efficacy in elderly people with hypertension in Sindangrasa Village, within the working area of the Ciamis Community Health Center. **Research Method:** Quantitative using a cross-sectional approach with a population of 61 elderly patients with hypertension in Sindangrasa Village, within the working area of the Ciamis Community Health Center, and a sample of 61 respondents selected through total sampling. **Instrument:** A Family Communication and Self-Efficacy Questionnaire. **Results:** Family communication among elderly people with hypertension in Sindangrasa Village, within the Ciamis Community Health Center (Puskesmas) coverage area, was largely ineffective (68.9%), while self-efficacy was predominantly in the moderate category (67.2%). These results indicate that family communication in supporting hypertension management is still suboptimal. While most elderly people have sufficient confidence to manage their disease, they still need reinforcement to perform self-care more independently and sustainably. Analysis using the Spearman's rho test showed a strong and significant relationship between family communication and self-efficacy in elderly people with hypertension ($r = 0.525$; $p = 0.000$). **Conclusion:** Family communication plays a significant role in influencing self-efficacy in elderly people with hypertension.

Keywords: family communication, self-efficacy, elderly people with hypertension.