

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS AWAL BROS**

**Skripsi, Agustus 2025
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**”Hubungan *self efficacy* dan Manajemen Perawatan Diri dengan
Hipertensi Pada Lansia di Puskesmas Botania”**

86 halaman + 7 tabel + 2 skema + 10 lampiran

ABSTRAK

Lansia merupakan kelompok usia pada tahap akhir kehidupan yang memiliki kerentanan tinggi terhadap penyakit akibat perubahan fisiologis dan psikologis. Salah satu penyakit yang paling sering dialami adalah hipertensi yang risikonya meningkat seiring bertambahnya usia akibat penurunan elastisitas pembuluh darah, penumpukan plak, dan penurunan fungsi organ. Hipertensi dikenal ”*silent killer*” karena sering tanpa gejala, namun dapat menyebabkan kerusakan organ secara bertahap, meningkatkan beban kerja jantung, dan memicu komplikasi serius seperti stroke maupun penyakit jantung koroner. Penelitian ini bertujuan menganalisis hubungan antara *self-efficacy* dan manajemen perawatan diri pada lansia penderita hipertensi di Puskesmas Botania. Desain penelitian menggunakan pendekatan kuantitatif dengan metode *cross-sectional*. Jumlah responden berjumlah 110 lansia hipertensi yang dipilih dengan teknik total sampling sesuai kriteria inklusi dan eksklusi. Instrumen yang digunakan adalah *Hypertension Self-Care Profile (HBP-SCP)* untuk mengukur *self-efficacy* dan *Hypertension Self-Management Behavior Questionnaire (HSMBQ)* untuk menilai manajemen perawatan diri. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dengan tingkat signifikansi $< 0,05$. Hasil penelitian menunjukkan *self-efficacy* tinggi dengan manajemen perawatan diri baik sebanyak 13 orang (26,5%), sedangkan 11 responden (52,4%), dan rendah 18 orang (60,0%). Nilai *p-value* sebesar $0,000 < 0,05$ menunjukkan adanya hubungan yang signifikan antara kedua variabel. Disarankan pada peneliti selanjutnya, menambahkan variabel dukungan keluarga dan pola makan sebagai faktor yang diteliti. Dukungan keluarga memberikan motivasi manajemen perawatan diri sedangkan pola makan berperan penting dalam mengontrol tekanan darah pada lansia hipertensi.

Kata Kunci : *Efikasi diri*, Manajemen Perawatan Diri, Hipertensi, Lansia

**NURSING SCIENCE PROGRAM
FACULTY OF HEALTH SCIENCES
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**Mini Thesis, August 2025
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***”The Relationship Between Self Efficacy And Self Care Management With
Hypertension Among Elderly at Botania Public Health Center”***

86 page + 2 tables + 2 schemes + 10 attachment

ABSTRACT

Elderly people are in the final stage of life and are more vulnerable to disease due to changes in body functions and mental health. One of the most common diseases in this group is hypertension. The risk increases with age because blood vessels become less elastic, organ function decreases, and plaque can build up. Hypertension is known as a silent killer because it often has no symptoms but can slowly damage organs, increase the workload of the heart, and cause serious problems such as stroke or heart disease. This study aims to find out the relationship between self-efficacy and self-care management in elderly people with hypertension at Botania Public Health Center. The study used a quantitative method with a cross-sectional design. A total of 110 elderly people with hypertension were chosen using the total sampling method according to inclusion and exclusion criteria. The instruments used were the Hypertension Self-Care Profile (HBP-SCP) to measure self-efficacy and the Hypertension Self-Management Behavior Questionnaire (HSMBQ) to measure self-care management. Data were analyzed using univariate and bivariate analysis with the Chi-Square test at a significance level of 0.05. The results showed that elderly people with high self-efficacy had better self-care management. The Chi-Square test result (p -value = 0.000) showed a significant relationship between the two variables. It is recommended to include family support and dietary patterns as research variables. Family support can provide motivation and assistance in implementing self care, while a healthy diet, particularly a low-salt diet, plays an important role in controlling blood pressure among elderly patients with hypertension.

Keywords : self efficacy, self care management, Hypertension, elderly

