

ABSTRAK

SELF MANAGEMENT DENGAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI KLINIK STELLA MARIS KECAMATAN LINGGANG BIGUNG KABUPATEN KUTAI BARAT

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Latar Belakang : Kurangnya *self management* pasien hipertensi sehingga berdampak pada peningkatan tekanan darah. Masih terdapat banyak pasien hipertensi yang mengabaikan *self management*. Tujuan penelitian ini adalah untuk mengetahui hubungan *self management* dengan tekanan darah pada pasien hipertensi di Klinik Stella Maris Kecamatan Linggang Bigung Kabupaten Kutai Barat.

Metode : Desain penelitian ini adalah *penelitian korelasional* dengan pendekatan *cross sectional*. Responden diambil dengan teknik *purposive sampling* dengan sampel sebanyak 30 orang yang memenuhi kriteria inklusi dan eksklusi. Variabel independen adalah *self management* dan variabel dependen adalah tekanan darah pada pasien hipertensi. Hasil uji statistik menggunakan *spearman rank*.

Hasil : Hasil penelitian menunjukkan bahwa *self management* pasien hipertensi diketahui hampir seluruh responden sebanyak 24 (80.0%) dalam kategori baik. Tekanan darah pada pasien hipertensi diketahui hampir seluruh responden sebanyak 26 (86.7%) dalam kategori pre hipertensi.

Analisis : Hasil analisa data menunjukkan bahwa tingkat signifikansi $0,000 < \alpha = 0,05$ sehingga H_0 ditolak dan H_1 diterima dengan demikian ada hubungan *self management* dengan tekanan darah pada pasien hipertensi.

Kesimpulan : Berdasarkan hasil penelitian maka disimpulkan bahwa semakin baik *self management* pasien hipertensi maka dapat mengontrol tekanan darah dengan maksimal dan dapat menghindari faktor pencetus hipertensi.

Kata Kunci : Hipertensi, *Self Management*, Tekanan Darah

ABSTRACT

SELF MANAGEMENT WITH BLOOD PRESSURE IN HYPERTENSION PATIENTS AT STELLA MARIS CLINIC LINGGANG BIGUNG DISTRICT WEST KUTAI REGENCY

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Introduction : Lack of self-management of hypertensive patients has an impact on increasing blood pressure. There are still many hypertensive patients who ignore self-management. The purpose of this study was to determine the relationship between self-management and blood pressure in hypertensive patients at the Stella Maris Clinic, Linggang Bigung District, West Kutai Regency.

Method : The design of this study was a correlational study with a cross-sectional approach. Respondents were taken using a purposive sampling technique with a sample of 30 people who met the inclusion and exclusion criteria. The independent variable is self-management and the dependent variable is blood pressure in hypertensive patients. The results of the statistical test used the Spearman rank.

Results : The results of the study showed that self-management of hypertensive patients was known to be in the good category by almost all respondents, 24 (80.0%). Blood pressure in hypertensive patients was known to be almost all respondents, as many as 26 (86.7%) in the pre-hypertension category.

Analysis : The results of the data analysis showed that the significance level was $0.000 < \alpha = 0.05$ so that H_0 was rejected and H_1 was accepted, thus there was a relationship between self-management and blood pressure in hypertensive patients.

Discussion : Based on the results of the study, it is concluded that the better the self-management of hypertensive patients, the more they can control blood pressure optimally and can avoid triggers of hypertension.

Keywords : Hypertension, Self Management, Blood Pressure