

ABSTRACT

Self-Efficacy Among Elderly Hypertension Patients at the Surabaya Cathedral of the Sacred Heart of Jesus Elderly Community

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Elderly patients with hypertension had difficulty convincing themselves about the treatment and care for hypertension. The phenomenon that occurred in the Elderly Community of the Sacred Heart of Jesus Church in Surabaya was that some elderly patients with hypertension regularly took their medication, but their blood pressure remained high. Some elderly individuals still consumed high-salt foods because they were not convinced that high-salt foods could increase blood pressure, and others were reluctant to exercise for fear that their blood pressure would rise. These issues led to a lack of confidence in hypertension treatment among the elderly. The aim of this study was to identify the self-efficacy profile of elderly patients with hypertension in the Elderly Community of the Sacred Heart of Jesus Cathedral in Surabaya. The sample size for this study consisted of 44 respondents, selected using purposive sampling techniques. Self-efficacy was measured using the General Self Efficacy Scale (GSES) questionnaire. The results showed that the majority (80%) of respondents had a high level of self-efficacy. The high self-efficacy among hypertension patients was attributed to strong social support, especially from family. Therefore, it was recommended that the elderly community leaders conduct educational activities about hypertension involving the families of the elderly, so they could manage their diet, regularly check with doctors, and consistently take their hypertension medication.

Keywords: *Self Efficacy, elderly, hypertension*

ABSTRAK

GAMBARAN *SELF EFFICACY* PADA LANSIA PENDERITA HIPERTENSI DI PAGUYUBAN LANSIA GEREJA KATEDRAL HATI KUDUS YESUS SURABAYA

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Lansia penderita hipertensi kesulitan untuk meyakinkan dirinya dalam pengobatan dan perawatan hipertensi. Fenomena yang terjadi di Paguyuban Lansia Gereja Hati Kudus Yesus Surabaya, yaitu ada beberapa lansia hipertensi yang rutin konsumsi obat tetapi tekanan darahnya masih tinggi, ada lansia yang masih mengonsumsi makanan tinggi garam karena tidak yakin makanan yang tinggi garam dapat meningkatkan tekanan darah, serta lansia tidak mau berolahraga karena takut tekanan darah jadi tinggi beberapa masalah ini yang membuat lansia tidak yakin akan pengobatan hipertensi. Tujuan dari penelitian ini adalah mengidentifikasi gambaran *self efficacy* pada lansia penderita hipertensi di Paguyuban Lansia Gereja Katedral Hati Kudus Yesus Surabaya. Jumlah sampel dalam penelitian ini berjumlah 44 responden diambil dengan teknik *purposive sampling*. Pengukuran *self efficacy* menggunakan kuesioner *General Self Efficacy Scale* (GSES). Hasil penelitian didapatkan bahwa sebagian besar (80%) responden memiliki tingkat *self efficacy* yang tinggi. Tingginya *self efficacy* dari penderita hipertensi ditinjau dari faktor dukungan sosial yang tinggi terutama dari keluarga, sehingga disarankan kepada pengurus paguyuban lansia untuk melakukan kegiatan berupa edukasi hipertensi yang melibatkan keluarga lansia agar dapat mengatur pola makan, rutin cek ke dokter, dan rutin minum obat hipertensi.

Kata Kunci: *Self efficacy*, Lansia, Hipertensi