

ABSTRACT

OVERVIEW OF SELF-CARE MANAGEMENT AMONG HYPERTENSION PATIENTS IN KAMPUNG MALANG KULON I RT 2 SURABAYA

(Descriptive Study)

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Hypertension often occurs due to a drastic increase in blood pressure and is commonly experienced as people age. Self-care management of hypertension is essential for controlling blood pressure and maintaining quality of life. Researchers in Kampung Malang Kulon I RT 2 Surabaya found that hypertensive patients did not follow a diet, did not exercise, did not receive treatment support from their families, did not regularly visit the doctor, and did not regularly take antihypertensive medication. The study aims to determine the profile of self-care management among patients with hypertension in Kampung Malang Kulon I RT 2, Surabaya. The research design uses a descriptive design. The sample size for this study consisted of 35 participants selected through random sampling and who met the inclusion criteria. The instrument used was the Hypertension Self-Management Behaviour Questionnaire (HSMBQ). The results of the Descriptive Statistical Analysis of Proportion Percentage (ASDPP) showed that 15 respondents (42.8%) had adequate self-care management, 10 respondents (28.6%) had good self-care management, and 10 respondents (28.6%) had inadequate self-care management. Hypertension patients require support from their families and adequate knowledge to effectively manage their self-care. Researchers recommend that the head of RT Malang Kulon I, RT 2 Surabaya, collaborate with cadres to improve the understanding of hypertensive patients through education on the importance of taking medication and monitoring.

Keywords: Hypertension, Self-Care Management

ABSTRAK

GAMBARAN *SELF CARE MANAGEMENT* PADA PENDERITA HIPERTENSI DI KAMPUNG MALANG KULON I RT 2 SURABAYA

(*Studi Deskriptif*)

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Hipertensi sering terjadi karena adanya peningkatan tekanan darah yang drastis dan sering dialami seiring bertambahnya usia. *Self care management* hipertensi sangat dibutuhkan untuk mengontrol tekanan darah guna mempertahankan kualitas hidup. Fenomena yang ditemukan oleh peneliti di Kampung Malang Kulon I RT 2 Surabaya bahwa terdapat penderita hipertensi tidak melakukan diet, tidak olahraga, tidak mendapatkan dukungan pengobatan dari keluarga, tidak rutin kontrol ke dokter dan tidak rutin mengonsumsi obat anti hipertensi. Penelitian bertujuan untuk mengetahui gambaran *self care management* pada penderita hipertensi di Kampung Malang Kulon I RT 2 Surabaya. Desain penelitian ini menggunakan desain deskriptif. Jumlah sampel pada penelitian ini sebanyak 35 orang yang dipilih menggunakan teknik *random sampling* dan telah memenuhi kriteria inklusi. Instrumen yang digunakan adalah *Hypertension Self-Management Behaviour Questionnaire* (HSMBQ). Hasil Analisis Statistik Deskriptif Proporsi Persentase (ASDPP) menunjukkan bahwa responden dengan *self care management* cukup 15 responden (42.8%), baik 10 responden (28.6%), dan kurang 10 responden (28.6%). Penderita hipertensi membutuhkan dukungan dari keluarga dan pengetahuan yang baik agar dapat melakukan *self care management*. Peneliti merekomendasikan kepada ketua RT di Kampung Malang Kulon I RT 2 Surabaya untuk melakukan kolaborasi dengan pihak kader dalam meningkatkan pengetahuan penderita hipertensi melalui edukasi tentang pentingnya minum obat dan kontrol.

Kata kunci: Hipertensi, *Self Care Management*