

## Abstrak

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Hubungan *Self-Efficacy* Dengan *Self-Care Management* Pada Lansia Hipertensi Di  
Puskesmas Tanggul Kabupaten Jember

LXXXV+85 halaman+1 bagan+13 tabel+1 gambar+15 lampiran

### Abstrak

*Self-efficacy* dapat diartikan keyakinan individu dalam kemampuan dirinya agar bisa mengatur tindakan yang diperlukan demi menghasilkan suatu hal. *Self-care management* merupakan bentuk perilaku gaya hidup sehat diperlukan untuk perkembangan manusia dan kegiatan-kegiatan yang diperlukan untuk mengatasi kesehatan kondisi tanda-tanda fisik, gejala, serta emosional. Tujuan dari penelitian ini adalah untuk mengidentifikasi adanya hubungan *self-efficacy* dengan *self-care management* pada lansia hipertensi. Penelitian ini menggunakan kuantitatif dengan pendekatan *cross sectional*. Populasi pada penelitian ini 111 lansia hipertensi di wilayah kerja Puskesmas Tanggul dengan jumlah sampel 86 responden. Menggunakan teknik *purposive sampling*. Data yang terkumpul dianalisis dengan uji *spearman rho*. Pada penelitian ini menghasilkan data dengan analisis *spearman rho* dengan hasil  $p$ -value 0,001,  $\alpha$  0,05,  $r = 0,554$  dikatakan ada hubungan antara *self-efficacy* dengan *self-care management*. Salah satu hambatan untuk manajemen perawatan diri adalah kurangnya motivasi untuk melakukan perubahan pada perilaku lansia. *Self-care management* yang efektif berarti individu memiliki rasa tanggung jawab pada dirinya dalam menjaga kesehatan dirinya sendiri. Dengan menjalankan *self-care management* yang efektif, dapat meminimalkan komplikasi, meningkatkan *self-efficacy*, meningkatkan rasa percaya diri dan kemandirian serta meningkatkan kualitas hidup penderita hipertensi.

Kata Kunci: *self-efficacy* Emosional; *self-care management*; Lansia Hipertensi

***Abstract***

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*Relationship between Self-Efficacy and Self-Care Management of Hypertensive Elderly  
in Tanggul Community Health Center*

*LXXV+85 pages+1 chart+13 tables+1 figure+15 appendix*

***Abstract***

*Self-efficacy is an individual's belief about his ability to organize them self to make something. When they believe in the ability it will lead to an achievement in life. Self-care management is an individual responsibility to maintain healthy lifestyle that needed to perform development and activities in daily life. This study conduct to determine the relationship between self-efficacy and self-care managementof hypertensive elderly in Tanggul Community Health Center.It is a correlational study with cross sectional approach. The population are 111 hypertensive lderly living in Tanggul Community Health center there were 86 respondent involving in this study taking by purposive sampling. The data then analysed using spearman rho sraristical analysis shoed p value of 0.001  $\alpha$  0,05,  $r = 0,554$  it is called that there is a relationship between self-efficacy and self-care management. One of the barriers to self-care management is lack of motivation to make changes to the behavior of the elderly. Effective self-care management means that individuals have a sense of responsibility for themselves in maintaining their own health. By implementing effective self-care management, it can minimize complications, increase self-efficacy, increase self-confidence and independence and improve the quality of life of people with hypertension.*

*Keywords: self-efficacy; self-care manaement; Hypertensive Elderly*