

## Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
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Hubungan Peran Keluarga Sebagai *Caregiver* dengan *Self Care Management* Pada Lansia Hipertensi di Wilayah Kerja Puskesmas Tanggul Kabupaten Jember  
xv + 95 halaman + 1 gambar + 14 tabel + 14 lampiran

### Abstrak

**Pendahuluan** Penurunan fungsi tubuh pada lansia dapat menghambat aktifitas lansia dan peran keluarga memegang peranan penting sebagai (*care giver*) memberikan perawatan, perhatian, dan menjaga lansia. Penelitian ini bertujuan mengetahui hubungan peran keluarga sebagai *care giver* dengan *self care management* pada lansia hipertensi di Wilayah Kerja Puskesmas Tanggul. **Metode** penelitian yang digunakan adalah *cross sectional study* dengan populasi 86 dengan sampel sebanyak 71 diambil secara *simple random sampling*. **Hasil** penelitian menunjukkan dari 60 orang (84,5%) yang memiliki peran keluarga baik, 51 orang (85%) mempunyai *self care management* dalam kategori baik. Dari 11 orang (15,5%) yang memiliki peran keluarga tidak baik, 4 orang (36,4%) mempunyai *self care management* dalam kategori baik. Berdasarkan analisis bivariate menggunakan *Spearman Rank (Rho)* dapat disimpulkan peran keluarga sebagai *care giver* berhubungan positif dengan *self care management* pada lansia hipertensi di Wilayah Kerja Puskesmas Tanggul, Kabupaten Jember dalam kategori cukup kuat ( $p$ -value 0,0001,  $\alpha$  0,05,  $r = 0,467$ ). **Diskusi** ada hubungan yang signifikan antara peran keluarga sebagai *care giver* dengan *self care management* pada lansia hipertensi di Wilayah Kerja Puskesmas Tanggul, Kabupaten Jember. Rekomendasi untuk penelitian selanjutnya mengembangkan variabel yang mempengaruhi *self care management* pada lansia dengan memberikan intervensi secara langsung.

Kata Kunci: Peran Keluarga, *Caregiver*, *Self Care Management*, Lansia Hipertensi

Daftar Pustaka: 48 (2010-2022)

## Abstract

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*Correlationship between Family Role as Caregiver and Self Care Management in Hypertension sive Elderly in the Tanggul Health Center, Jember Regency*  
xv+ 95 pages + 1 pictures + 14 tables + 14 appendices

### Abstract

**Introduction** Decreased body function in the elderly can inhibit their activities of the elderly and the role of the family plays an important role as a (caregiver) in providing care, attention, and caring for the elderly. This study aims to determine the relationship between the role of the family as a caregiver and self-care management in the elderly with hypertension in the Tanggul Health Center Work Area. The research **method** used is a cross-sectional study with a population of 86 with a sample of 71 taken by simple random sampling. The **results** showed that from 60 people (84.5%) who had a good family role, 51 people (85%) had self care management in the good category. Of the 11 people (15.5%) who had a bad family role, 4 people (36.4%) had self care management in the good category. Based on the bivariate analysis using Spearman Rank (Rho) it can be concluded that the role of the family as a caregiver is positively related to self-care management in the elderly with hypertension in the Tanggul Health Center Work Area, Jember Regency in the fairly strong category ( $p$ -value 0.0001,  $\alpha$  0,05,  $r = 0.467$ ). **Discus** there is a significant relationship between the role of the family as a caregiver and self-care management in the elderly with hypertension in the Tanggul Health Center Work Area, Jember Regency. Recommendations for further research are to develop variables that affect self-care management in the elderly by providing direct intervention.

**Keyword:** Rule Of Family, Caregiver, Self Care Management, Elderly Hypertension.

**Bibliography:** 48 (2010-2022)