

Abstrak

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Hubungan Dukungan Keluarga Dengan *Self Care Management* Pada Lansia Hipertensi Di Desa Balung Kulon Kabupaten Jember

Xviii + 91 Hal + 16 Tabel + 1 Gambar + 17 Lampiran

Abstrak

Keluarga memiliki peran yang sangat penting dalam memberi dukungan terhadap lansia hipertensi untuk melakukan *self care management* secara maksimal dan mandiri. Tujuan penelitian ini untuk mengetahui hubungan dukungan keluarga dengan *self care management* lansia hipertensi. Desain penelitian ini menggunakan korelasional dengan pendekatan *cross-sectional*. Populasi terdiri dari 138 lansia hipertensi yang tinggal dengan keluarganya dengan sampel yang dihitung menggunakan rumus slovin sebanyak 103 responden. Teknik pengambilan sampel menggunakan *simple random sampling* dan menggunakan uji statistik *spearman rank (Rho)*. Penelitian menunjukkan dari 60 orang memiliki dukungan keluarga yang baik. *Self care management* pada lansia hipertensi sebanyak 68 orang mempunyai *self care management* dalam kategori cukup. Dari nilai uji statistik P value 0,040 yaitu terdapat hubungan antara dukungan keluarga dengan *self care management* pada lansia hipertensi. Koefisien korelasi sangat lemah maka dapat disimpulkan semakin baik dukungan keluarga yang diberikan maka semakin rendah *self care management* pada lansia hipertensi di Desa Balung Kulon Kabupaten Jember. Dukungan keluarga di perlukan untuk meningkatkan *self care management* secara maksimal atas kesadaran dari lansia secara mandiri. Diharapkan lansia mampu menerapkan *self care management* secara maksimal dan rutin melakukan pemeriksaan fisik di posyandu secara mandiri. Pada penelitian ini diharapkan keluarga mampu memberikan dukungan yang maksimal terhadap lansia agar mampu menerapkan *self care management* secara optimal.

Kata kunci : Lansia, Keluarga, Hipertensi, *Self Care Management*

Daftar Pustaka : 37 (2005-2023)

Abstract

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Relationship between family support and self-care management in elderly hypertension in Balung Kulon Village, Jember Regency.

Xviii + 91 Pages + 16 Tables + 1 Figure + 17 Attachments

Abstract

Family has a very important role in providing support for elderly hypertension to perform self-care management optimally and independently. The purpose of this study was to determine the relationship between family support and self-care management of elderly hypertension. The research design utilizes correlation with a cross-sectional approach. The population consisted of 138 hypertensive elderly who lived with their families, with a sample calculated using the Slovin formula of 103 respondents. The sampling technique employed simple random sampling and the Spearman rank (Rho) statistical test. Research shows that 60 people have good family support. Self care management in elderly hypertension is a sufficient category for as many as 68 people. The statistical test value of P value 0.040 indicates that there is a correlation between family support and self-care management in elderly hypertension. The correlation coefficient is very weak, so it can be concluded that the better the family support provided, the lower the self-care management in elderly hypertension in Balung Kulon Village, Jember Regency. Family support is needed to improve self-care management to the maximum extent possible, with the elderly being aware of their own self-care. The expectation is that the elderly will be able to effectively utilize self-care management and perform routine physical examinations at the posyandu independently. The aim of this study is to ensure that the family can provide the elderly with the maximum amount of support to effectively manage their own self-care.

Keywords: Elderly, Family, Hypertension, Self Care Management

Bibliography: 37 (2005-2023)