

ABSTRAK
UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
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Hubungan Self Care Management Dengan Tekanan Darah Lansia Yang Mengalami Hipertensi Di Wilayah Kerja UPTD Puskesmas Ajung Jember

xiii + 86 hal + 1 bagan + 11 tabel + - lampiran

Abstrak

Tekanan darah tinggi merupakan kondisi medis yang umum terjadi pada lansia dan dapat menimbulkan berbagai komplikasi serius jika tidak dikelola dengan baik. Penanganan tersebut membutuhkan pendekatan komprehensif dan dikenal sebagai *self care management*. Tujuan penelitian ini yaitu mengetahui hubungan *self care management* dengan tekanan darah lansia yang mengalami hipertensi di wilayah kerja UPTD Puskesmas Ajung Jember. **Metode** : Penelitian ini menggunakan desain *Cross Sectional*. Populasi penelitian ini yaitu lansia yang mengalami hipertensi sejumlah 60 responden. Teknik pengambilan sampel menggunakan *Total Sampling*, yang berjumlah 60 sampel. Teknik pengumpulan data menggunakan kuisioner pada variabel independen dan lembar observasi pada variabel dependen. Analisis data yang digunakan adalah uji statistik *Spearman Rho*. **Hasil** : Penelitian ini menunjukkan mayoritas 78,3% responden memiliki *self care management* yang baik, mayoritas 66,7% responden menunjukkan tekanan darah sistole terbanyak 140-159 mmHg dan mayoritas 49,3% responden menunjukkan tekanan darah diastole terbanyak 90-99 mmHg. Hasil analisis uji *Spearman Rho* menunjukkan nilai signifikan *p-value* 0,000 (*p-value* < 0,05) dan *correlation-r* (nilai R : Sistole = -0,802 dan Distole = -0,494), dengan demikian dapat disimpulkan bahwa H1 diterima, yang berarti ada hubungan *self care management* dengan tekanan darah lansia yang mengalami hipertensi. Penelitian ini merekomendasikan pentingnya upaya meningkatkan kualitas hidup lansia yang mengalami hipertensi melalui peningkatan pemahaman dan perubahan *self care management* yang baik. Langkah selanjutnya dapat meliputi pengembangan program intervensi yang lebih terfokus dan adaptif untuk mendukung upaya pencegahan dan pengelolaan hipertensi pada populasi lansia secara efektif.

Kata kunci : *Self Care Management*, Tekanan Darah, Lansia Hipertensi
Daftar Pustaka 44 (2010 - 2023)

ABSTRACT
MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Relationship Between Self Care Management and Blood Pressure in Elderly Individuals with Hypertension in the Work Area of UPTD Puskesmas Ajung Jember

xiii + 86 pages + 1 tables + 11 chart + - attachment

Abstract

High blood pressure is a common medical condition in the elderly and can lead to various serious complications if it is not managed properly. Such treatment requires a comprehensive approach and is known as self-care management. The purpose of this study is to determine the relationship of self-care management with blood pressure of the elderly with hypertension in the work area Uptd Ajung Jember Health Center. Method: It is correlational study with cross sectional approach involving 60 respondents taken by total sampling technicque. Data collection techniques using questionnaires on the independent variable and the observation sheet on the dependent variable. Analysis of data used is Spearman Rho statistical test. Results: this study showed that the majority of 78.3% of respondents had good self-care management, the majority of 66.7% of respondents showed the most systole blood pressure of 140-159 mmHg and the majority of 49.3% of respondents showed the most diastole blood pressure of 90-99 mmHg. The results of Spearman Rho test analysis showed a significant value of p-value 0,000 ($p\text{-value} < 0,05$) and correlation-r (r value : systole = -0.802 and Distole = -0.494), thus it can be concluded that H_1 is accepted, which means there is a relationship of self-care management with blood pressure of the elderly who have hypertension. This study recommends the importance of efforts to improve the quality of life of the elderly who experience hypertension through increased understanding and changes in good self-care management. Further steps could include the development of more focused and adaptive intervention programs to support efforts to effectively prevent and manage hypertension in the elderly population.

Keywords: Self Care Management, Blood Pressure, Elderly Hypertension
Reference: 44 (2010 - 2023)