

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

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FAKULTAS ILMU KESEHATAN

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Implementasi Home Based Coaching Dalam Asuhan Keperawatan Keluarga Yang Mengalami Hipertensi

Abstrak

Hipertensi merupakan salah satu masalah kesehatan prioritas dengan prevalensi tinggi yang memerlukan manajemen mandiri yang baik di tingkat keluarga. Ketidakmampuan keluarga dalam mengelola gaya hidup dan pemantauan tekanan darah sering kali menyebabkan kontrol hipertensi yang buruk. Penelitian ini bertujuan untuk menganalisis implementasi *home based coaching* sebagai upaya meningkatkan asuhan keperawatan pada keluarga dengan hipertensi. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan keperawatan keluarga. Fokus intervensi meliputi edukasi manajemen diet rendah garam, teknik yoga pernapasan, dan motivasi untuk aktivitas fisik rutin. Hasil penelitian menunjukkan bahwa setelah diberikan *home based coaching*, keluarga mampu memahami dan melakukan praktik mandiri seperti pembatasan asupan garam, melakukan teknik yoga pernapasan, serta menjaga kestabilan tekanan darah anggota keluarga. *Home based coaching* terbukti efektif dalam memberdayakan keluarga untuk melakukan manajemen hipertensi secara berkelanjutan dan mandiri di rumah.

Kata Kunci: Asuhan Keperawatan, *Home Based Coaching*, Hipertensi Keluarga.

ABSTRACT

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Implementation of Home Based Coaching in Nursing Care for Families with Hypertension

Abstract

Hypertension past tense priority health issue with a high prevalence that requires effective self-management at the family level. The family's inability to manage lifestyle and monitor blood pressure often leads to poor hypertension control. This study aims to analyze the implementation of home based coaching as an effort to improve nursing care for families with hypertension. The method used is a case study with a family nursing care approach. The intervention focused on education regarding low-salt diet management, breathing yoga techniques, and motivation for routine physical activity. The results showed that after receiving home based coaching, the family was able to understand and perform independent practices such as limiting salt intake, practicing breathing yoga techniques, and maintaining the stability of the family member's blood pressure. Home based coaching is proven effective in empowering families to perform sustainable and independent hypertension management at home.

Keywords: *Family, Nursing Care, Home Based Coaching, Hypertension.*