

ABSTRAK

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Pengkajian Dukungan Emosional Keluarga dan Resiliensi Klien dengan Hipertensi
di Desa Karangpring Kecamatan Sukorambi Jember

xiv + 88 halaman + 9 tabel + 5 lampiran

Abstrak

Pendahuluan: Hipertensi merupakan penyakit kronis dengan prevalensi tinggi yang memerlukan pengelolaan jangka panjang serta kemampuan adaptasi yang baik. Rendahnya resiliensi dapat menghambat kepatuhan terhadap terapi dan pengendalian tekanan darah. Dukungan emosional keluarga berperan penting dalam meningkatkan resiliensi klien, namun hubungan keduanya pada klien hipertensi di Desa Karangpring belum banyak diteliti. **Metode:** Penelitian ini menggunakan desain studi kasus yang berfokus pada eksplorasi mendalam terhadap fenomena yang diteliti. Pengumpulan data dilakukan melalui wawancara, lembar pengkajian keluarga, kuesioner dukungan emosional keluarga, dan kuesioner Connor-Davidson Resilience Scale (*CD-RISC 10*). **Hasil:** Ketiga responden memperoleh dukungan emosional keluarga dalam kategori cukup dengan skor 32–38. Meskipun belum optimal pada seluruh aspek, dukungan tersebut disertai kemampuan resiliensi yang baik hingga sangat baik, dengan skor *CD-RISC 10* sebesar 34–42. Keluarga berperan dalam memberikan perhatian, motivasi, dan pendampingan selama pengelolaan hipertensi. **Pembahasan:** Dukungan emosional keluarga yang diberikan melalui perhatian, kepedulian, motivasi, dan komunikasi yang baik berperan dalam membantu klien hipertensi beradaptasi terhadap penyakitnya. Hubungan keluarga yang harmonis serta mekanisme koping yang adaptif mendukung terbentuknya resiliensi yang baik, sehingga klien lebih mampu menghadapi stres dan menjalani pengelolaan hipertensi secara berkelanjutan.

Kata Kunci: Hipertensi; Dukungan emosional keluarga; Resiliensi; Klien hipertensi; Keluarga.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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A Study of Family Emotional Support and Resilience Among Clients with Hypertension in Karangpring Village, Sukorambi Subdistrict, Jember

xiv + 88 page + 9 table + 5 appendix

Abstract

Background: Hypertension is a chronic condition with a high prevalence that requires long-term management and strong adaptive abilities. Low resilience can hinder adherence to treatment and blood pressure control. Emotional support from family plays a crucial role in enhancing patients' resilience; however, the relationship between these two factors in hypertensive patients in Karangpring Village has not been extensively studied. **Method:** This study employed a case study design focused on an in-depth exploration of the phenomenon under investigation. Data were collected through interviews, family assessment forms, a family emotional support questionnaire, and the Connor-Davidson Resilience Scale (CD-RISC 10) questionnaire. **Results:** All three respondents received "adequate" emotional support from their families, with scores ranging from 32 to 38. Although this support was not optimal in all aspects, it was accompanied by good to very good resilience, with CD-RISC 10 scores ranging from 34 to 42. Families played a role in providing attention, motivation, and support during the management of hypertension. **Discussion:** Emotional support from family—provided through attention, care, motivation, and good communication—plays a role in helping patients with hypertension adapt to their condition. Harmonious family relationships and adaptive coping mechanisms support the development of strong resilience, enabling patients to better cope with stress and manage their hypertension over the long term.

Keyword: Hypertension; Family emotional support; Resilience; Patients with hypertension; Family.