

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

KIA, Juni 2026
Siti Faizah Awaliyah

Penerapan *Family Centered Empowerment* terhadap *Self-Care Management* pada Keluarga dengan Anggota Keluarga yang Mengalami Hipertensi di Desa Rambipuji Kecamatan Rambipuji.

xiii + 85 Halaman + 6 Tabel + 2 Gambar + 7 Lampiran

ABSTRAK

Latar Belakang: Hipertensi merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang melalui *self-care management*, meliputi kepatuhan minum obat, pengaturan diet rendah garam, aktivitas fisik, pemantauan tekanan darah, dan manajemen stres. Rendahnya kemampuan *self-care management* dapat menyebabkan tekanan darah tidak terkontrol dan meningkatkan risiko komplikasi. *Family Centered Empowerment* merupakan salah satu pendekatan yang berfokus pada pemberdayaan keluarga untuk meningkatkan kemampuan dalam mendukung perawatan anggota keluarga yang mengalami hipertensi. **Tujuan:** Menganalisis penerapan *Family Centered Empowerment* terhadap *self-care management* pada keluarga dengan anggota keluarga yang mengalami hipertensi. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif pada tiga keluarga yang memiliki anggota keluarga dengan hipertensi di Dusun Curah Ancar, Desa Rambipuji, Kabupaten Jember. Intervensi dilakukan melalui empat tahap *Family Centered Empowerment*, yaitu *perceived threat*, *self-efficacy*, *self-esteem through educational participation*, dan evaluasi. Pengumpulan data dilakukan menggunakan wawancara, observasi, dokumentasi, dan kuesioner *Hypertension Self-Care Profile* (HBP-SCP). Data dianalisis secara deskriptif. **Hasil:** Hasil penelitian menunjukkan adanya peningkatan kemampuan *self-care management* pada seluruh klien setelah diberikan intervensi. Skor HBP-SCP Klien 1 meningkat dari 54 menjadi 78, Klien 2 dari 68 menjadi 90, dan Klien 3 dari 48 menjadi 72. Selain itu, terjadi peningkatan pengetahuan keluarga mengenai hipertensi, kepatuhan minum obat, penerapan diet rendah garam, aktivitas fisik rutin, serta kemampuan melakukan pemantauan tekanan darah secara mandiri. **Diskusi:** *Family Centered Empowerment* mampu meningkatkan *self-care management* keluarga melalui peningkatan pengetahuan, efikasi diri, partisipasi aktif keluarga, dan dukungan dalam pengelolaan hipertensi secara mandiri.

Kata Kunci: *Family Centered Empowerment*, hipertensi, *self-care management*, keluarga, pemberdayaan keluarga.

Daftar Pustaka 24 (2020-2026)

MUHAMMADIYAH UNIVERSITY OF JEMBER
PROFESSIONAL NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

Final Nursing Paper, June 2026
Siti Faizah Awaliyah

Implementation of Family Centered Empowerment towards Self-Care Management in Families with Family Members Experiencing Hypertension in Rambipuji Village, Rambipuji District.

xiii + 85 Pages + 5 Tabels + 2 Pictures + 7 Appendictes

ABSTRACT

Background: Hypertension is a chronic disease requiring long-term management through self-care practices, including medication adherence, low-salt dietary regulation, physical activity, blood pressure monitoring, and stress management. Poor self-care management may lead to uncontrolled blood pressure and increase the risk of complications. Family Centered Empowerment is an approach focused on empowering families to improve their ability to support family members with hypertension. **Objective:** To analyze the implementation of Family Centered Empowerment on self-care management among families with hypertensive family members. **Methods:** This study employed a descriptive case study design involving three families with hypertensive family members in Curah Ancar Hamlet, Rambipuji Village, Jember Regency. The intervention was carried out through four stages of Family Centered Empowerment: perceived threat, self-efficacy, self-esteem through educational participation, and evaluation. Data were collected through interviews, observations, documentation, and the Hypertension Self-Care Profile (HBP-SCP) questionnaire. Data were analyzed descriptively. **Results:** The findings showed an improvement in self-care management among all participants following the intervention. HBP-SCP scores increased from 54 to 78 for Client 1, from 68 to 90 for Client 2, and from 48 to 72 for Client 3. Families also demonstrated better knowledge regarding hypertension, improved medication adherence, implementation of a low-salt diet, regular physical activity, and independent blood pressure monitoring. **Discussion:** Family Centered Empowerment improved family self-care management through enhanced knowledge, self-efficacy, active family participation, and support for independent hypertension management.

Keywords: Family Centered Empowerment, hypertension, self-care management, family, family empowerment.

Bibliography 24 (2020–2026)