

**POLITEKNIK KESEHATAN TANJUNGPURUNING JURUSAN FARMASI**  
**Laporan Tugas Akhir, Juni 2023**

**Dyah Ayu Anindya Argani**

**Gambaran *Self Care* Pada Pasien Hipertensi Di Puskesmas Rajabasa Indah  
Kecamatan Rajabasa Kota Bandar Lampung**

**xvii + 92 halaman, 8 tabel, 5 gambar, 10 lampiran**

**ABSTRAK**

Seorang yang menderita hipertensi dapat mengalami komplikasi jika Mereka tidak mengontrol tekanan darah mereka atau menjaga Kesehatan mereka sendiri. Penelitian ini bertujuan untuk mengetahui bagaimana *self care* pasien hipertensi. Penelitian ini dirancang untuk menggunakan pendekatan deskriptif kuantitatif dan menggunakan cross sectional. Populasi penelitian ini adalah pasien puskesmas rajabasa indah yang berjumlah 100 orang. Teknik pengambilan sampel dengan metode purposive sampling. Data diambil menggunakan kuesioner baku *Hypertension Self Management Behavior Questionnaire* (HSMBQ). Analisa data yang digunakan yaitu Analisa univariat. Hasil ini menunjukkan bahwa *self care* berada pada kategori baik yaitu 42,0%..

*Self care* terdiri dari 5 aspek yaitu integritas diri, regulasi diri, interaksi dengan tenaga Kesehatan lainnya, pemantuan tekanan darah, kepatuhan terhadap aturan yang dianjurkan. Hasil penelitian yang didapatkan yaitu berdasarkan jenis kelamin *self care* paling tinggi kategori baik terdapat pada perempuan persentase 43,8%. Berdasarkan usia *self care* kategori baik ada pada usia 50-59 tahun. Berdasarkan tingkat pendidikan *self care* paling tinggi kategori baik ada pada Pendidikan S1 dengan persentase 56,3%. Berdasarkan pekerjaan hasil yang paling tinggi adalah responden tidak bekerja dengan *self care* katogeri baik 43,0%. Berdasarkan penghasilan 62,5% memiliki *self care* baik. Berdasarkan jumlah item obat responden yang mendapatkan obat <5 obat memiliki 42,0% *self care* baik. Berdasarkan penyakit penyerta 42,6% responden memiliki *self care* baik. Berdasarkan efek samping 62,5% responden memiliki *self care* cukup. Berdasarkan lama menderita hipertensi responden dengan lama menderita <1 tahun memiliki *self care* baik yaitu 60,0%. Berdasarkan Riwayat hipertensi dalam keluarga responden yang ada Riwayat hipertensi memiliki *self care* baik dengan persentase 42,6%.

Kata kunci : *Self Care*, Hipertensi, Puskesmas Rajabasa Indah

Daftar bacaan : 41 (2010-2024)

**POLITEKNIK KESEHATAN TANJUNGPURUNAN JURUSAN FARMASI**  
*Final project report, June 2023*

*Dyah Ayu Anindya Argani*

*Self Care Description Of Patient With Hypertension At The Rajabasa Indah  
Community Health Center, Rajabasa District Bandar Lampung*

*Xvii + 92 pages, 8 tables, 5 picture, 10 attachments*

**ABSTRACT**

*A person suffering from hypertension can experience complications if they do not control their blood pressure or take care of their own health. This research aims to find out how hypertensive patients self-care. This research was designed to use a quantitative descriptive approach and used cross sectional. The population of this study was 100 patients at the Rajabasa Indah Community Health Center. The sampling technique uses a purposive sampling method. Data was taken using the standard Hypertension Self Management Behavior Questionnaire (HSMBQ). The data analysis used is univariate analysis. These results indicate that self-care is in the good category, namely 42.0%.*

*Self care consists of 5 aspects, namely personal integrity, self-regulation, interaction with other health workers, blood pressure monitoring, compliance with recommended rules. The research results obtained were that based on gender, the highest self-care in the good category was found in women, with a percentage of 43.8%. Based on self-care age, the good category is aged 50-59 years. Based on the level of self-care education, the highest good category is in undergraduate education with a percentage of 56.3%. Based on work, the highest result was that respondents did not work with a good self-care category of 43.0%. Based on income, 62.5% have good self-care. Based on the number of drug items, respondents who received <5 drugs had 42.0% good self-care. Based on comorbidities, 42.6% of respondents had good self-care. Based on side effects, 62.5% of respondents had sufficient self-care. Based on the length of time they have suffered from hypertension, respondents with a duration of suffering <1 year have good self-care, namely 60.0%. Based on the history of hypertension in the family, respondents with a history of hypertension had good self-care with a percentage of 42.6%.*

**Kata kunci** : *Self Care, Hypertension, Rajabasa Indah Public Health Center*

**Daftar bacaan** : 41 (2010-2024)