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FAKTOR-FAKTOR YANG BERTHUBUNGAN DENGAN *SELF-CARE*
KLIEN HIPERTENSI PADA LANSIA DI PUSKESMAS KEDATON
BANDAR LAMPUNG TAHUN 2025
(xii+60 halaman, +11 tabel, +3 gambar, +5 lampiran)

ABSTRAK

Hipertensi merupakan salah satu penyakit kronis yang banyak dialami oleh lansia dan membutuhkan pengelolaan jangka panjang melalui perilaku *self-care*. *Self-care* yang baik dipengaruhi oleh berbagai faktor, antara lain pengetahuan, dukungan sosial, dan *self-efficacy*. Rendahnya kemampuan *self-care* pada lansia dapat meningkatkan risiko komplikasi hipertensi. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang memengaruhi *self-care* pada lansia penderita hipertensi di Puskesmas Kedaton Bandar Lampung tahun 2025. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini berjumlah 46 lansia yang menderita hipertensi, dipilih dengan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pengetahuan baik 54,35%, dukungan sosial tinggi 47,83%, dan *self-efficacy* baik 58,70%. Sebanyak 60,87% responden memiliki perilaku *self-care* yang baik. Hasil uji statistik chi square menunjukkan terdapat hubungan yang signifikan antara pengetahuan $p\text{-value}=0,005$, dukungan sosial $p\text{-value}=0,030$, dan *self-efficacy* $p\text{-value}=0,000$ dengan perilaku *self-care* pada lansia penderita hipertensi. Terdapat hubungan yang signifikan antara pengetahuan, dukungan sosial, dan *self-efficacy* dengan perilaku *self-care* pada lansia penderita hipertensi. Peningkatan edukasi kesehatan dan penguatan dukungan keluarga sangat penting untuk meningkatkan *self-care* pada lansia.

Kata kunci : *Self-care*, hipertensi, lansia, pengetahuan, dukungan sosial, *self-efficacy*

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***DETERMINANTS OF SELF-CARE IN ELDERLY PATIENTS WITH
HYPERTENSION AT KEDATON PUBLIC HEALTH CENTER, BANDAR
LAMPUNG, 2025***

(xii+60 pages, +11 table, +3 figures, +5 attachments)

ABSTRACT

Hypertension is a chronic disease commonly found in the elderly and requires long-term management through proper self-care behavior. Good self-care is influenced by several factors, including knowledge, social support, and self-efficacy. Poor self-care ability among the elderly increases the risk of hypertension complications. This study aims to determine the factors influencing self-care among elderly patients with hypertension at Kedaton Public Health Center, Bandar Lampung, in 2025. This research used a quantitative method with a cross-sectional approach. The sample consisted of 46 elderly individuals with hypertension, selected using purposive sampling. Data were collected through a validated and reliable questionnaire. Data analysis was conducted using univariate and bivariate methods with the chi-square test. The findings showed that most respondents had good knowledge 54,35%, high social support 47,83%, and good self-efficacy 58.70%. A total of 60.87% of respondents demonstrated good self-care behavior. Statistical analysis revealed a significant relationship between knowledge p -value=0.005, social support p -value=0.030, and self-efficacy p -value=0.000 with self-care behavior in elderly patients with hypertension. There is a significant relationship between knowledge, social support, and self-efficacy with self-care behavior among elderly individuals with hypertension. Enhancing health education and strengthening family support are essential to improving self-care among the elderly.

Keywords : *Self-care, hypertension, elderly, knowledge, social support, self-efficacy*

Reference : 2014-2025