

ABSTRAK

Pengaruh *Self Management* Terhadap Perilaku Penderita Hipertensi Di Dusun Tlgeh & Masjid Desa Jukong Wilayah Kerja Puskesmas Sukolilo Bangkalan Madura

Arina Maksurotin Filhiyam¹, Dwi Adji Norontoko², Rini Ambarwati³

Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan,
Poltekkes Kemenkes Surabaya

Email : afilhiyam@gmail.com

Hipertensi ialah keadaan kronis di mana tekanan darah meningkat sehingga jantung bekerja sangat keras guna mengalirkan darah ke seluruh tubuh. Penelitian ini menyelidiki pengaruh manajemen diri terhadap perilaku individu yang menderita hipertensi. Pemahaman tentang pengaruh manajemen diri terhadap perilaku individu yang menderita hipertensi sangat penting untuk latar belakang penelitian ini.

Penelitian ini merupakan studi kuantitatif dengan memakai desain *one group pretest-posttest*. Sebanyak 33 responden penderita hipertensi terlibat dalam penelitian ini, di mana dipilih memakai teknik *simple random sampling*. Pengumpulan data dilaksanakan memakai kuesioner di mana sudah melewati uji validitas sekaligus reliabilitas. Analisis data dilaksanakan dengan uji Wilcoxon untuk mengetahui pengaruh antara variabel yang diteliti.

Hasil penelitian dapat diperoleh adanya pengaruh signifikan *self management* terhadap perilaku warga penderita hipertensi. Berdasarkan data hasil Uji Statistik Wilcoxon didapatkan ($p\text{ value} < 0,000$ $\alpha = 0,05$).

Pada penelitian ini terdapat pengaruh *self management* terhadap perilaku pada penderita hipertensi di desa Jukong wilayah kerja Puskesmas Sukolilo Bangkalan Madura. *Self management* dapat dijadikan sebagai salah satu edukasi dini pada penderita hipertensi sebagai alternatif yang efektif untuk menunjang pengelolaan Tingkat pengetahuan.

Kata kunci : *Self Management*, Perilaku, Hipertensi.

ABSTRACT

The Influence of Self-Management on the Behavior of Hypertension Patients in Dusun Tlgeh & Jukong Village Mosque, Sukolilo Health Center Work Area, Bangkalan Madura.

Arina Maksurotin Filhiyam¹, Dwi Adji Norontoko², Rini Ambarwati³

Bachelor's Degree in Nursing Program, Department of Nursing, Poltekkes
Kemenkes Surabaya.

Email : afilhiyam@gmail.com

Hypertension is a chronic condition where blood pressure rises, causing the heart to work very hard to pump blood throughout the body. This study investigates the influence of self-management on the behavior of individuals suffering from hypertension. Understanding the influence of self-management on the behavior of individuals suffering from hypertension is crucial for the background of this research.

This research is a quantitative study using a one group pretest-posttest design. A total of 33 respondents with hypertension participated in this study, selected using the simple random sampling technique. Data collection was conducted using a questionnaire that had passed both validity and reliability tests. Data analysis was conducted using the Wilcoxon test to determine the effect between the variables being studied.

The research results indicate a significant influence of self-management on the behavior of residents with hypertension. Based on the data from the Wilcoxon Statistical Test, it was found ($p \text{ value} < 0.000$ $\alpha = 0.05$).

In this study, there is an influence of self-management on the behavior of hypertension patients in Jukong village, the working area of Sukolilo Health Center, Bangkalan Madura. Self-management can be used as an early education method for hypertension patients as an effective alternative to support the management of knowledge levels.

Keywords : Self Management, Behavior, Hypertension