

ABSTRAK

***SELF-EFFICACY* LANSIA DALAM PENGOBATAN HIPERTENSI DI PUSKESMAS WIRE KABUPATEN TUBAN**

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Hipertensi merupakan gangguan kesehatan utama yang banyak dialami oleh usia lanjut. Kondisi ini kerap dijuluki *silent-killer* karena sering tidak terdiagnosis sampai akhirnya menimbulkan penyakit lanjutan seperti stroke maupun gangguan jantung. Angka pengidap hipertensi yang tinggi pada lansia menunjukkan bahwa pengelolaannya belum optimal. Salah satu penyebabnya adalah rendahnya *Self-Efficacy* lansia dalam menjalani pengobatan. Berdasarkan hasil survei awal di Puskesmas Wire, dari 10 lansia penderita hipertensi, 8 di antaranya tidak rutin menjalani pengobatan. Tujuan penelitian ini adalah untuk mengetahui *Self-Efficacy* lansia dalam pengobatan hipertensi di Puskesmas Wire.

Penelitian ini menggunakan desain deskriptif. Populasi penelitian adalah seluruh lansia penderita hipertensi yang memeriksakan diri di Puskesmas Wire pada tahun 2024, yaitu sebanyak 396 orang, dengan rata-rata kunjungan sebanyak 33 lansia per bulan. Sampel yang digunakan adalah 33 lansia, dengan metode pengambilan sampel menggunakan Total sampling. Variabel yang diteliti yaitu *Self-Efficacy* lansia dalam pengobatan hipertensi. Data diperoleh melalui kuesioner, kemudian diolah secara deskriptif menggunakan table distribusi frekuensi.

Hasil penelitian menunjukkan bahwa hampir seluruh lansia berusia 60 – 74 tahun, hampir setengahnya berpendidikan sekolah dasar, dan sebagian besar tidak bekerja. Sebagian besar lansia memiliki *Self-Efficacy* tinggi dalam pengobatan hipertensi. Lansia berusia 75 – 90 tahun, berpendidikan rendah, dan tidak bekerja cenderung memiliki *Self-Efficacy* rendah. Sebaliknya, lansia yang masih aktif bekerja dan berpendidikan lebih tinggi menunjukkan *Self-Efficacy* yang tinggi dalam pengelolaan pengobatan hipertensi.

Peningkatan *Self-Efficacy* dalam pengobatan hipertensi dapat dilakukan melalui dukungan keluarga, edukasi kesehatan berkelanjutan, serta keterlibatan lansia dalam aktivitas produktif, sehingga diharapkan dapat meningkatkan kepatuhan pengobatan dan menurunkan risiko komplikasi.

Kata Kunci: *Self-Efficacy*, Lansia, Pengobatan Hipertensi.

ABSTRACT

SELF-EFFICACY OF THE ELDERLY IN TREATMENT OF HYPERTENSION AT THE WIRE HEALTH CENTER, TUBAN REGENCY

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Hypertension is a serious health problem, especially among the elderly. This disease is known as a silent killer because it is often undetected until it leads to complications such as stroke and coronary heart disease. The high prevalence of hypertension among the elderly indicates that treatment is still not optimal. One contributing factor is the low self-efficacy of elderly individuals in undergoing treatment. Based on a preliminary survey at Wire Public Health Center, 8 out of 10 elderly people with hypertension did not adhere to regular treatment. This study aims to determine the self-efficacy of elderly individuals in hypertension treatment at Wire Public Health Center.

This research used a descriptive design. The population consisted of all elderly patients with hypertension who sought treatment at Wire Public Health Center in 2024, totaling 396 people, with an average of 33 elderly visits per month. The sample included 33 respondents selected through total sampling. The variable studied was the self-efficacy of the elderly in managing hypertension treatment. Data were collected using questionnaires and analyzed descriptively through frequency distribution tables.

The results showed that most respondents were aged 60 – 74 years, nearly half had elementary education, and the majority were unemployed. Most elderly individuals (57.6%) had high self-efficacy in managing hypertension. Those aged 75 – 90, with low education, and not working tended to have lower self-efficacy. In contrast, those who were still working and had higher education levels showed higher self-efficacy in treatment adherence.

Improving self-efficacy in hypertension management can be achieved through family support, continuous health education, and the involvement of older adults in productive activities. This is expected to enhance medication adherence and reduce the risk of complications.

Keywords: Self-Efficacy, Elderly, Hypertension Treatment.