

HUBUNGAN DUKUNGAN SOSIAL DENGAN *SELF CARE MANAGEMENT* PADA LANSIA HIPERTENSI DI PUSKESMAS SEDAYU II BANTUL YOGYAKARTA

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INTISARI

Latar Belakang : Hipertensi akan menjadi masalah kesehatan masyarakat yang sangat serius jika tidak terkendali akan menimbulkan komplikasi. Berdasarkan data dari Kementerian Kesehatan RI Riskesdas 2013 bahwa penyakit Hipertensi menjadi salah satu penyakit tertinggi yang dialami lansia. Dukungan sosial dapat meningkatkan pengetahuan dan menstabilkan emosional pada pasien hipertensi. Untuk menjaga dan mengatasi hipertensi pada lansia perlu dilakukan dukungan sosial dengan *self care managemen* hipertensi.

Tujuan Penelitian : Tujuan penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dengan *self care manegement* pada lansia hipertensi di Puskesmas Sedayu II Bantul Yogyakarta.

Metode Penelitian : Jenis penelitian ini adalah penelitian kuantitatif dengan rancangan *cross sectional*. Teknik sampling menggunakan *purposive sampling*. Populasi penelitian sebanyak 45 lansia di Puskesmas Sedayu II Kabupaten Bantul. Jumlah sampel sebanyak 41 lansia. Instrumen penelitian menggunakan kuesioner. Metode analisis yang digunakan adalah koresional menggunakan uji statistik dengan uji *fisher's Exact Test*

Hasil penelitian: Menunjukkan bahwa dukungan sosial masuk dalam kategori baik yaitu 29 responden (70,7%), sedangkan *self care management* masuk dalam kategori baik yaitu 28 (69,3%). Hasil penelitian diperoleh nilai dukungan sosial dengan *self care management* hipertensi dengan $p = 0,000$ dengan nilai keeratan hubungan koefisien korelasi = 0,514 kategori sedang.

Kesimpulan: Ada hubungan antara dukungan sosial dengan *self care management* pada lansia hipertensi di Puskesmas Sedayu II Bantul Yogyakarta dengan nilai signifikan 0,000 ($p < 0,005$).

Kata Kunci : Dukungan sosial, *self care management*, lansia hipertensi.

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**THE RELATIONSHIP BETWEEN SOCIAL SUPPORT WITH SELF CARE
MANAGEMENT TO THE ELDERLY HYPERTENSION IN CITIZEN HEALTH
CENTER SEDAYU II, BANTUL, YOGYAKARTA**

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ABSTRACT

Background: Hypertension will be a very serious citizen health problem if uncontrollable will cause complications. Based on data from the Ministry of Health Indonesia Republic Riskesdas 2013 that hypertension disease becomes one of the highest disease experienced by the elderly. Social support can increase knowledge and stabilize emotionally in hypertension patients. To maintain and overcome hypertension in elderly need to do social support with self-care management of hypertension.

Research Objectives: The purpose of this study aims to determine the relationship of social support with self-care management in hypertensive elderly in citizen health center of Sedayu II Bantul, Yogyakarta.

Research Method: This type of research was quantitative research with analysis of cross-sectional. The sampling technique was using purposive sampling. Population research as many as 45 elderly in citizen health center of Sedayu II Bantul regency. The number of samples counted 41 Elderly. The research instruments were using questionnaires. The analytical method which was used was correlational which is using a statistical test with Fisher's Exact Test.

Result of research: This research result shows that social support included in the good category that is 29 respondent (70,7%), while self-care management included in the good category that is 28 (69,3%). The results were obtained by the value of social support with self-care management of hypertension with $p = 0,000$ with the value of the correlation coefficient correlation = 0.514 medium categories.

Conclusion: There was a relationship between social support and self-care management in hypertensive elderly in citizen health center of Sedayu II Bantul, Yogyakarta with significant value 0.000 ($p < 0.05$).

Keywords: Social support, self-care management, elderly hypertension.

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