

**HUBUNGAN *SELF MANAGEMENT* DENGAN TEKANAN DARAH
LANZIA HIPERTENSI DI PROLANIS PUSKESMAS KASIHAN II
BANTUL YOGYAKARTA**

Putri Ulfasari¹, Sri Werdati², M. Irfanudin³

putriulfa326@gmail.com

INTISARI

Latar Belakang : Penyakit kardiovaskuler merupakan masalah utama di Indonesia yang menyebabkan morbiditas dan mortalitas. Penyakit- penyakit sistem kardiovaskuler dan pembuluh darah sering ditemukan pada usia lanjut. Indonesia diperkirakan jumlah lansia tahun 2020 sebanyak (27,08 juta). Individu dengan penyakit kardiovaskuler disarankan untuk melaksanakan *self management* sebagai salah satu manajemen penyakit dalam kehidupan sehari-hari. Pengelolaan diri *self management* dengan cara melakukan integrasi diri, regulasi diri, interaksi dengan tenaga kesehatan dan lainnya, pemantauan tekanan darah dan kepatuhan terhadap aturan yang dianjurkan

Tujuan : Untuk mengetahui Hubungan *Self Management* terhadap Tekanan Darah Lansia Hipertensi Di Prolanis Puskesmas Kasihan II.

Metode Penelitian : Penelitian ini menggunakan metode penelitian kuantitatif dengan pendekatan *cross secsional*. Responden dalam penelitian ini berjumlah 46 orang yang mengikuti kegiatan Prolanis Puskesmas Kasihan II Bantul Yogyakarta. Cara pengambilan sampel menggunakan teknik *Total sampling*. Pengumpulan data menggunakan kuesioner *self management* hipertensi dan pengukuran tekanan darah menggunakan *syppgmanometer*.

Hasil Penelitian: Responden dengan *self management* hipertensi diperoleh hasil terdapat hubungan antara *self management* dengan tekanan darah lansia hipertensi di Prolanis Puskesmas Kasihan II Bantul Yogyakarta ($p= 0,036 < 0,05$) dan faktor yang mempengaruhi paling dominan integrasi diri p value $0,008 < 0,05$ dengan koefisien (B) 0,341 dan nilai (t) 2,801.

Kesimpulan: terdapat hubungan antara *self management* dengan tekanan darah lansia hipertensi Di Prolanis Puskesmas Kasihan II Bantul Yogyakarta

Kata Kunci : Lansia, *Self Management*, Tekanan darah Hipertensi

1. Mahasiswa S1 Ilmu Keperawatan Universitas Alma Ata Yogyakarta
2. Dosen Program Studi S1 Ilmu Keperawatan Universitas Alma Ata Yogyakarta
3. Dosen Program Studi S1 Ilmu Keperawatan Universitas Alma Ata Yogyakarta

THE RELATION BETWEEN SELF MANAGEMENT AND BLOOD PRESSURE IN ELDERLY HYPERTENSIVE PATIENT WHO JOIN CHRONIC DISEASE MANAGEMENT PROGRAM (PROLANIS) IN COMMUNITY HEALTH CENTER KASIHAN II BANTUL YOGYAKARTA

Putri Ulfasari¹, Sri Werdati², M. Irfanudin³

putriulfa326@gmail.com

ABSTRACT

Background: Cardiovascular disease is a big problem in Indonesia since it has become the major cause of morbidity and mortality. Diseases in cardiovascular system and blood vessels often found in elderly. The number of elderly in Indonesia in 2020 is estimated to be 27,08 million people. A person who suffers from cardiovascular disease is suggested to have a good daily self-management as a part of treatment. Self-management can be done by doing self-integration, self-regulation, interaction with health workers and other health experts, blood pressure monitoring, and by obeying the suggested rules.

Aim: To know the relation between self-management and blood pressure in elderly hypertensive patient who join Chronic Disease Management Program in Community Health Center Kasihan II.

Method of Research: This research is a quantitative research that uses cross-sectional approach. The respondents are 46 patients who join Chronic Disease Management Program in Community Health Center Kasihan II Bantul Yogyakarta. In collecting sample, the technique used is total sampling. Meanwhile, in collecting data, the instrument used is questionnaires about self-management in hypertension and blood pressure uses sphygmomanometer.

Result: There is a relation between self-management and blood pressure in elderly hypertensive patients who join Chronic Disease Management Program in Community Health Center Kasihan II Bantul Yogyakarta, in which the p value is $0,036 < 0,05$. The most dominant factor is self-integration that has p value $0,008 < 0,05$ with coefficient (B) 0,341 and t value 2,801.

Conclusion: There is a relation between self-management and blood pressure in elderly hypertensive patient who join Chronic Disease Management Program in Community Health Center Kasihan II Bantul Yogyakarta.

Keywords: elderly, self-management, blood pressure, hypertension

1. Student of Alma Ata University, Yogyakarta
2. Lecturer of Nursing Sciences Program Alma Ata University, Yogyakarta
3. Lecturer of Nursing Sciences Program Alma Ata University, Yogyakarta