

***Self-Efficacy* Pasien Hipertensi dalam Menjalankan *Self-Care Management* di Wilayah Kerja Puskesmas Kasihan II Bantul Yogyakarta**

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INTISARI

Latar Belakang : Hipertensi merupakan peningkatan tekanan yang tinggi di dalam arteri. Melalui perawatan diri yang baik akan membantu kualitas hidup individu dengan hipertensi. Dalam melaksanakan *self-care management* tersebut dipengaruhi oleh beberapa faktor, salah satunya *self-efficacy* dari diri individu tersebut, *self-efficacy* yang tinggi akan mempengaruhi pada pelaksanaan perawatan diri. Suatu keyakinan atau kepercayaan pada individu akan kemampuan yang dimilikinya, akan mempermudah individu untuk melakukan tugas-tugas perawatan diri.

Tujuan Penelitian : Untuk mengetahui gambaran *self-efficacy* pasien hipertensi dalam menjalankan *self care management* (diit dan aktivitas fisik).

Metode Penelitian : Penelitian menggunakan metode kualitatif dengan pendekatan fenomenologi. Jumlah partisipan sebanyak 3 orang dengan hipertensi dan tanpa penyakit penyerta, tinggal menetap di wilayah kerja Puskesmas Kasihan II Bantul Yogyakarta. Uji keabsahan data dilakukan dengan metode triangulasi.

Hasil Penelitian : Berdasarkan hasil penelitian ini didapatkan 2 tema yaitu; sumber *self-efficacy* dalam menjalankan *self-care management* & dimensi *self-efficacy* dalam menjalankan *self-care management*. Sumber *self-efficacy* dengan 4 sub-tema dan tema kedua yaitu dimensi *self-efficacy* terdapat 3 sub-tema.

Kesimpulan : Partisipan memiliki tingkat *self-efficacy* yang tinggi, hal tersebut disebabkan oleh dukungan dari dalam individu dan orang sekitar partisipan. kekuatan *self-efficacy* partisipan terhadap kemampuannya dalam menjalankan *self-care management*.

Kata Kunci : Dimensi *Self-efficacy*, Sumber *Self-efficacy*

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Self-Efficacy of Patients with Hypertension in doing Self-Care Management at Working Area of Kasihan II Public Health Center, Bantul, Yogyakarta

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Abstract

Background: Hypertension is an increase in high pressure within the arteries. Good self-care will help the quality of life of individuals with hypertension. Good self-care management is influenced by several factors, one of which self-efficacy within the individuals. High self-efficacy will influence self-care implementation. Belief or confidence of one's ability within them will make it easier for them to perform self-care tasks.

Objective: To find out the description of self-efficacy in patients with hypertension in doing their self-care management (physical and diet activities).

Method: The present research used qualitative method with phenomenology approach. There were 3 participants with hypertension and minus comorbidities, settled in the working area of Kasihan II Public Health Center, Bantul, Yogyakarta. The data validity test was done by triangulation method.

Results: Two themes were obtained based on the results of this research: source of self-efficacy in doing self-care management & dimension of self-efficacy in doing self-care management. Source of self-efficacy has 4 sub-themes; while the second theme, namely dimension of self-efficacy, has 3 sub-themes.

Conclusion: Participants have a high level of self-efficacy. It is caused by the support comes within the individuals, people around the participants, and the power of self-efficacy of participants towards their ability in doing self-care management.

Keywords: Dimension of Self-efficacy, Source of Self-efficacy

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