

Program Studi Sarjana Keperawatan
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Universitas Muhammadiyah Pekajangan Pekalongan

Agustus 2026

ABSTRACT

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Hubungan Tingkat Pengetahuan Hipertensi Dengan *Self Care Management* pada Pasien Hipertensi di Puskesmas Kesesi II

Latar Belakang: Hipertensi merupakan penyakit kronis yang tidak menular dan sering dikenal sebagai silent killer karena sering tidak menunjukkan gejala, tetapi dapat menimbulkan berbagai komplikasi. Pengendalian hipertensi membutuhkan kemampuan pasien dalam melakukan *self care management*, seperti menjaga pola makan, melakukan aktivitas fisik, memantau tekanan darah, dan menjalani pengobatan secara teratur. Pengetahuan mengenai hipertensi dan cara pengelolaannya menjadi salah satu faktor yang dapat mendukung kemampuan pasien dalam melakukan *self care management*. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan hipertensi dengan *self care management* pada pasien hipertensi di Puskesmas Kesesi II.

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross sectional* yang dilakukan di Puskesmas Kesesi II. Teknik pengambilan sampel menggunakan *total sampling* berjumlah 175 responden. Instrumen yang digunakan berupa kuesioner tingkat pengetahuan hipertensi dan *self care management*. Analisis data menggunakan uji Spearman Rank untuk mengetahui hubungan antara tingkat pengetahuan hipertensi dengan *self care management*.

Hasil: Hasil penelitian menunjukkan pada 175 responden, tingkat pengetahuan hipertensi berada pada kategori tinggi sebanyak 97 responden (55,4%) dan *self care management* pada kategori cukup sebanyak 77 responden (44,0%). Berdasarkan analisis uji *Spearman Rank* didapatkan hasil p-value 0,000 ($p < 0,05$) dan kekuatan korelasi sebesar 0,364. Menunjukkan adanya hubungan antara tingkat pengetahuan hipertensi dengan *self care management* pada pasien hipertensi dengan kekuatan hubungan sedang dan arah hubungan positif.

Simpulan: Terdapat hubungan tingkat pengetahuan hipertensi dengan *self care management* pada pasien hipertensi. Makin tinggi tingkat pengetahuan hipertensi maka makin baik *self care management* pada pasien hipertensi.

Kata Kunci: Hipertensi, Tingkat Pengetahuan Hipertensi, *Self Care Management*

Daftar Pustaka: 42 (2010-2026)

Undergraduate Program in Nursing
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ABSTRACT

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The Correlation between Hypertension Knowledge Level And *Self-Care Management* among Hypertensive Patients at Kesesi Public Health Center II

Introduction: Hypertension is a chronic non-communicable disease and is often known as a silent killer because it frequently shows no symptoms but can cause various complications. Hypertension control requires patients to have the ability to perform *self-care management*, such as maintaining a healthy diet, doing physical activities, monitoring blood pressure, and taking medication regularly. Knowledge of hypertension and its management are factors that can support patients' ability to perform *self-care management*. This study aimed to determine the correlation between hypertension knowledge level and *self-care management* among hypertensive patients at Kesesi Public Health Center II.

Methods: This study used a quantitative design with a cross-sectional approach and was conducted at Kesesi Public Health Center II. The sampling technique used was total sampling, involving 175 respondents. The instruments used were questionnaires assessing hypertension knowledge level and self-care management. The collected data were analyzed using the Spearman Rank test to determine the correlation between hypertension knowledge level and self-care management.

Results: The results showed that among the 175 respondents, the hypertension knowledge level was categorized as high in 97 respondents (55.4%), while *self-care management* was categorised as moderate in 77 respondents (44.0%). Based on the Spearman Rank test, the p-value was 0.000 ($p < 0.05$), with a correlation coefficient of 0.364. This indicated a correlation between hypertension knowledge level and *self-care management* among hypertensive patients, with a moderate strength and positive direction of correlation.

Conclusion: There was a correlation between hypertension knowledge level and *self-care management* among hypertensive patients. The higher the level of hypertension knowledge, the better the self-care management among hypertensive patients.

Keywords: hypertension, hypertension knowledge level, *self-care management*

References: 42 (2010-2026)