

ABSTRAK

Hubungan Dukungan Sosial Dengan *Self Efficacy* Pada Penderita Hipertensi Di Wilayah Puskesmas Kedungwuni I Kabupaten Pekalongan

Silvi Ayu Puspita, Firman Faradisi

Pendahuluan: Berdasarkan *World Health Organization* (WHO) menyatakan 46% orang dewasa berusia 30-70 tahun seluruh Dunia tidak menyadari bahwa mereka memiliki hipertensi. Sebagian besar penderita hipertensi masih kesulitan dalam mengontrol penyebab yang dapat memperparah hipertensi. Oleh karena itu, penting bagi penderita hipertensi memiliki dukungan sosial yang berperan penting dalam meningkatkan *self efficacy* penderita hipertensi, membantu mereka dalam menjalani pengobatan dan menerapkan perilaku hidup sehat.

Metode: Penelitian ini merupakan penelitian kuantitatif deskriptif korelasi dengan pendekatan *cross sectional*. Sampel dalam penelitian ini sejumlah 102 responden. Teknik pengambilan sampel dalam penelitian ini menggunakan *proporsional stratified random sampling*. Pengumpulan data menggunakan kuesioner *Multidimensional Scale of Perceived Social Support* (MSPSS) dan kuesioner *self efficacy* yaitu *Self Efficacy to Manage Hypertension* (SEMH). Analisis data menggunakan uji korelasi metode *Spearman Rank*.

Hasil: Hasil dari penelitian ini sebanyak 87 responden (85,3%) responden dikategori sedang. Untuk *self efficacy* 99 (97,1%) responden dikategori baik. Penelitian ini menggunakan uji *Spearman Rank* (Rho) dengan hasil analisis menunjukkan adanya hubungan antara dukungan sosial dengan *self efficacy* nilai *p value* = 0,001 ($p < 0.05$) dengan nilai *r* adalah 0,320.

Simpulan: Penelitian ini menunjukkan bahwa semakin tinggi dukungan sosial, maka semakin tinggi juga *self efficacy* yang dimiliki.

Kata Kunci: Dukungan Sosial, *Self Efficacy*, Hipertensi

Daftar Pustaka: 48 (2015-2024)

Undergraduate Program in Nursing
Faculty of Health Sciences
University of Muhammadiyah Pekajangan Pekalongan
February, 2025

ABSTRACT

The Correlation between Social Support and Self-Efficacy in Hypertension Patients in the Work Area of Kedungwuni Public Health Center I, Pekalongan Regency

Silvi Ayu Puspita¹, Firman Faradisi²

Introduction: According to the World Health Organization (WHO), 46% of adults aged 30–70 worldwide are unaware that they have hypertension. Many hypertension patients still struggle to control factors that can worsen their condition. Therefore, social support plays a crucial role in enhancing self-efficacy, helping patients adhere to treatment and adopt a healthy lifestyle.

Method: This study employed a quantitative descriptive correlational design with a cross-sectional approach. The sample consisted of 102 respondents, selected using proportional stratified random sampling. Data collection was conducted with the Multidimensional Scale of Perceived Social Support (MSPSS) and the Self-Efficacy to Manage Hypertension (SEMH) questionnaire. The collected data were analyzed with the Spearman Rank Correlation Test.

Results: The study found that 87 respondents (85.3%) had a moderate level of social support, while 99 respondents (97.1%) had a high level of self-efficacy. The Spearman Rank Correlation Test showed a significant correlation between social support and self-efficacy, with a p-value of 0.001 ($p < 0.05$) and a correlation coefficient (r) of 0.320.

Conclusion: This study indicates that higher social support is associated with higher self-efficacy in hypertension patients.

Keywords: *Social Support, Self-Efficacy, Hypertension*

References: 48 (2015-2024)