PROGRAM STUDI SARJANA KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH
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ABSTRAK
GAMBARAN *SELF CARE MANAGEMENT* PADA PASIEN HIPERTENSI
DI WILAYAH KERJA PUSKESMAS KECAMATAN CIKALONG
KABUPATEN TASIKMALAYA

xix bagian awal + 78 halaman + 9 tabel + 2 skema + 14 Lampiran

Hipertensi seringkali diabaikan masyarakat padahal penyakit tersebut merupakan penyakit yang bersifat *silent killer*. Observasi dilakukan kepada 10 penderita hipertensi diketahui bahwa 7 pasien tersebut mengaku belum mengetahaui tentang upaya *self care management* hipertensi, sedangkan 3 pasien lainnya mengatakan bahwa rutin melakukan olahraga, dan berhenti dalam kebiasaan merokok. Tujuan penelitian ini untuk mengetahui gambaran *self care management* pada pasien hipertensi. Jenis penelitian kuantitatif deskriptif, desain penelitian menggunakan rancangan *non eksperimental* dengan pendekatan *survey*, analisis data yang digunakan univariat berupa tabel distribusi frekuensi instrumen penelitian menyebarkan kuesioner. Populasi penelitian seluruh pasien hipertensi Teknik pengambilan sampel menggunakan *total sampling* jumlah sampel 50. Hasil penelitian diketahui bahwa *self care management* pasien hipertensi kategori baik (24,0%), cukup (60,0%), kurang (16,0%). Hasil penelitian bisa di jadikan sebagai referensi bagi peneliti lain, terutama pada *self care management* hipertensi. Penelitian ini tidak menguji hubungan maupun pengaruh antara variabelnya untuk itu dapat di teliti lebih dalam bagi penelitian selanjutnya.

Kata Kunci **:** Gambaran, *Self Care Management*, Hipertensi
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ABSTRACT

DESCRIPTION OF SELF CARE MANAGEMENT IN HYPERTENSION PATIENTS IN THE WORKING AREA OF PUSKESMAS CIKALONG DISTRICT, TASIKMALAYA REGENCY

xix home page + 78 pages + 9 table + 2 scheme + 14 attachment

Hypertension is often ignored by society even though this disease is a disease that is a silent killer. Observations made on 10 hypertension sufferers found that 7 of these patients admitted that they did not know about hypertension self-care management efforts, while the other 3 patients said that they regularly exercised and stopped smoking. The purpose of this study was to determine the description of self care management in hypertensive patients. The type of research is descriptive quantitative, the research design uses a non-experimental design with a survey approach, the data analysis used is univariate in the form of frequency distribution tables, the research instrument distributes questionnaires. The study population was all hypertensive patients. The sampling technique used a total sampling of 50 samples. The results showed that the self-care management of hypertensive patients was in good category (24.0%), sufficient (60.0%), lacking (16.0%). The results of the study can be used as a reference for other researchers, especially on self-care management of hypertension. This research does not examine the relationship or influence between the variables so that it can be examined more deeply for further research.

Keywords   : Description, Self Care Management, Hypertensi
Bibliografy   : 36 (2013-2023)