

**PROGRAM STUDI SARJANA KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH**

TASIKMALAYA

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ABSTRAK

**HUBUNGAN TINGKAT PENGETAHUAN DENGAN *SELF EFFICACY*
TENTANG HIPERTENSI PADA LANSIA PENDERITA HIPERTENSI DI
WILAYAH KERJA PUSKESMAS CIKALONG KABUPATEN
TASIKMALAYA**

Hipertensi adalah penyakit yang umum, tanpa di sertai gejala yang khusus, dan biasanya dapat di tangani secara mudah. namun jika di biarkan tanpa penanganan dapat menyebabkan berbagai komplikasi yang lebih parah berupa: penyakit jantung dan pembuluh darah serta aterosklerosis, infark miokard, gagal jantung, infark selebri, gangguan fungsi ginjal tahap akhir, retinipati dan kematian dini. *Self efficacy* menjadi salah satu faktor yang penting dalam pencegahan dan pengobatan hipertensi. Karena dengan *self efficacy* yang baik maka penderita hipertensi akan mencari informasi yang tepat sehingga pengetahuan tentang hipertensi akan semakin baik. Tujuan dalam penelitian ini yaitu hubungan tingkat pengetahuan dengan *self efficacy* tentang hipertensi pada lansia penderita hipertensi di wilayah kerja puskesmas cikalong kabupaten tasikmalaya. Jenis penelitian ini berupa kuantitatif dengan pendekatan *cross sectional*, populasi sebanyak 3.786 orang penderita hipertensi, sampel didapatkan sebanyak 361 orang dengan teknik pengambilan sampel yaitu *rumus slovin*. Pengumpulan data dilakukan dengan cara pemberian kuesioner kepada responden. Analisis data menggunakan analisis univariat dan bivariat. Hasil penelitian dapat dilihat bahwa sebanyak 48,2 % orang mempunyai tingkat pengetahuan kurang dan *self efficacy* lansia penderita hipertensi negatif sebanyak 48,5%. Hasil uji *chi square* menunjukkan nilai signifikan p value sebesar $0,000 < 0,05$ artinya H_0 ditolak H_a diterima. Hal ini menunjukkan ada hubungan antara tingkat pengetahuan dengan *self efficacy* pada lansia penderita hipertensi di UPTD Puskesmas Cikalong Kabupaten Tasikmalaya. Disarankan bagi lansia penderita hipertensi baik secara pencegahan, maupun pengobatan maka lansia tersebut harus memiliki tingkat kepercayaan atau *self efficacy* kesembuhan yang tinggi.

Kata kunci : Hipertensi, Lansia, Pengetahuan, *Self Efficacy*

Sumber :

GRADUATE NURSING STUDY PROGRAM

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ABSTRACT

**THE RELATIONSHIP LEVEL OF KNOWLEDGE AND *SELF EFFICACY*
ABOUT HYPERTENSION IN ELDERLY WITH HYPERTENSION IN
THE WORKING AREA OF CIKALONG HEALTH CENTER,
TASIKMALAYA DISTRICT**

Hypertension is a common disease, without specific symptoms, and can usually be treated easily. However, if left untreated it can cause a variety of more severe complications in the form of: heart and blood vessel disease and atherosclerosis, myocardial infarction, heart failure, cerebral infarction, impaired end-stage renal function, retinopathy and early death. Self efficacy is an important factor in the prevention and treatment of hypertension. Because with good self-efficacy, people with hypertension will seek the right information so that knowledge about hypertension will be better. The purpose of this study is to determine the relationship between the level of knowledge and self-efficacy about hypertension in elderly people with hypertension in the work area of the Cikalong Public Health Center, Tasikmalaya Regency. This type of research is quantitative with a cross-sectional approach, a population of 3,786 people with hypertension, a sample of 361 people with a sampling technique the sample is the slovin formula. Data collection was carried out by giving questionnaires to respondents. Data analysis used univariate and bivariate analysis. The results of the study can be seen that as many as 48.2% of people have a low level of knowledge and self-efficacy for elderly people with negative hypertension as much as 48.5%. The results of the chi square test showed a significant p value of $0.000 < 0.05$ meaning that H_0 was rejected and H_a was accepted. This shows that there is a relationship between the level of knowledge and self-efficacy in elderly people with hypertension at the UPTD Puskesmas Cikalong, Tasikmalaya Regency. It is recommended for elderly people with hypertension both in prevention and treatment, the elderly must have a high level of confidence or self-efficacy for healing.

Keywords: Hypertension, Elderly, Knowledge, Self Efficacy

Source :

DAFTAR ISI