

GAMBARAN PERILAKU MANAJEMEN DIRI PADA PASIEN HIPERTENSI DI WILAYAH PUSKESMAS GAMPING I

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INTISARI

Latar Belakang: Penelitian terkait gambaran perilaku manajemen diri seperti konsumsi obat-obatan, aktivitas fisik, merokok, serta manajemen berat badan pada pasien hipertensi belum banyak dilakukan khususnya di Yogyakarta.

Tujuan Penelitian: Untuk mengetahui gambaran perilaku manajemen diri pada pasien hipertensi di Puskesmas Gamping I Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan desain deskriptif non analitik dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dengan jumlah sampel 85 responden. Data diambil dengan menggunakan kuesioner H-SCALE yang sebelumnya telah dilakukan uji validitas. Analisis data pada penelitian ini menggunakan analisis univariat.

Hasil penelitian: Hasil penelitian ini menunjukkan bahwa perilaku manajemen diri pada domain kepatuhan minum obat sebanyak 44 responden (51,8%) tidak patuh, domain asupan makanan sebanyak 50 responden (58,8%) memiliki kualitas diet rendah, domain aktivitas fisik 45 responden (52,9%) tidak patuh, domain merokok 69 responden (81,2%) tidak patuh, domain manajemen berat badan 51 (60,0%) tidak patuh, domain alkohol 85 responden (100%) patuh

Kesimpulan: Gambaran perilaku manajemen diri di Puskesmas Gamping I mayoritas responden patuh pada domain manajemen berat badan dan kepatuhan tidak minum alkohol. Sementara mayoritas responden tidak patuh pada domain kepatuhan minum obat, asupan makanan, aktivitas fisik, dan merokok. Hasil ini dapat dijadikan sebagai acuan dari perawat untuk meningkatkan promosi kesehatan di pelayanan kesehatan primer.

Kata Kunci: Perilaku Manajemen Diri, Hipertensi, Yogyakarta

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SELF MANAGEMENT BEHAVIORS AMONG HYPERTENSIVE PATIENTS IN THE AREA OF PUSKESMAS GAMPING I : A DESCRIPTIVE STUDY

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ABSTRACT

Background: The studies related to the overview of self-management behaviors in terms of medication adherence, physical activities, smoking and weight management for hypertensive patients were not commonly conducted, especially in Yogyakarta.

Objective: To identify about the self-management behaviors on hypertensive patients in Puskesmas Gamping I, Yogyakarta.

Method: This research was a non-analytic descriptive design using the cross-sectional approach. Samples were collected using purposive sampling technique, with a total of 85 respondents. The data were collected using H-SCALE questionnaires which had been priorly tested for its validity. The data in this research were then analyzed using univariate analysis.

Result: The research reflected within several domains. Firstly, within the domain of medication adherence, as many as 44 respondents (51.8%) refused to adhere. Secondly, within the domain of food consumption, as many as 50 respondents (58.8%) had low quality diet. Thirdly, within the domain of physical activities, as many as 45 respondents (52.9%) refused to conform. Fourthly, within the domain of smoking, as many as 69 respondents (81.2%) refused to conform. Fifthly, within the domain of weight management, as many as 51 respondents (60.0%) refused to conform. Lastly, within the domain of alcohol consumption, as many 85 respondents (100%) choosed to adhere

Conclusion: The self-management behaviors in Puskesmas Gamping I shows that the greater part of the respondents who adhere belong to the domains of weight management and non-alcoholic beverage consumption. Meanwhile, the majority of the respondents refusing to adhere belong to the domains of medication adherence, food consumption, physical activities and smoking. This result may be used as the nurses' reference to improve the health promotion in primary healthcare service providers.

Keywords: Self-Management Behaviors, Hypertension, Yogyakarta

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