

# Gambaran Profil *Self Care* pada Pasien Hipertensi di Indonesia

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## INTISARI

**Latar Belakang:** Hipertensi merupakan salah satu penyebab utama kematian didunia. Data WHO tahun 2015 menunjukkan 1,13 miliar orang menderita hipertensi dengan angka kematian sebesar 9,4 juta orang. Riskesdas 2018 menunjukkan prevalensi kejadian hipertensi di DIY sebesar 11,01%. Angka ini lebih besar dibandingkan dengan angka kejadian nasional sebesar 8,8% yang menjadikan DIY menjadi provinsi keempat tertinggi kejadian hipertensi. Sleman menjadi wilayah tertinggi kejadian hipertensi dengan presentase 39,65% menurut data Dinkes Sleman tahun 2020. Hipertensi merupakan penyakit kronis, sehingga perawatannya membutuhkan kolaborasi antara tenaga kesehatan dan juga pasien. Pasien berperan melakukan tindakan *self-care* untuk mengatasi masalah hipertensi sesuai dengan pedoman perawatan hipertensi.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui profil perawatan diri pasien hipertensi di Indonesia.

**Metode:** Penelitian deskriptif kuantitatif dilakukan pada 96 responden hipertensi di Puskesmas Mlati II Yogyakarta, Indonesia, dengan menggunakan High Blood Pressure Self-care Profile (HBP-SCP). data tersebut kemudian dianalisis dengan statistik deskriptif.

**Hasil:** Rata-rata skor perawatan diri peserta adalah  $160.52 \pm 9.297$ , dimana skor tertinggi berada pada skala motivasi (mean=  $64.18 \pm 4.521$ ) diikuti efikasi diri (mean= $50.43 \pm 4.018$ ) dan skala perilaku (mean= $45.17 \pm 3.690$ ) secara berurutan.

**Kesimpulan:** Secara umum, profil perawatan diri cenderung baik. Intervensi keperawatan diperlukan untuk meningkatkan perawatan diri pasien terutama pada skala efikasi diri dan perilaku.

### **Keywords:**

*Hipertensi, Perawatan diri, HBP-SCP, Efikasi Diri, Indonesia.*

# Self-care Profile of Hypertensive Patients in Indonesia

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## ABSTRACT

**Background:** Hypertension is one of the leading causes of death worldwide. The treatment of this health problem cannot be separated from self-care. WHO data for 2015 shows 1.13 billion people suffer from hypertension, with a death rate of 9.4 million patients. According to Riskesdas 2018, the prevalence of hypertension in Yogyakarta is 11.01%. This figure is greater than the national incidence rate of 8.8%, making Yogyakarta the fourth province with the highest incidence of hypertension. Sleman is the region with the highest incidence of hypertension, with a percentage of 39.65%, according to data from the Sleman Health Office for 2020. Hypertension is a chronic disease, so its treatment requires collaboration between health workers and patients. Patients play a role in carrying out self-care actions to overcome hypertension problems according to hypertension care guidelines.

**Purpose:** The study aimed to investigate the self-care profile of hypertensive patients in Indonesia.

**Methods:** A quantitative descriptive study was applied to 96 hypertensive patients in Health Care Center Mlati II of Yogyakarta, Indonesia, using the High Blood Pressure Self-care Profile (HBP-SCP). The data were then analyzed with descriptive statistics.

**Results:** The mean score of self-care of participants was  $160.52 \pm 9.297$ , where the highest score was on the motivation scale (mean=  $64.18 \pm 4.521$ ) followed by self-efficacy (mean= $50.43 \pm 4.018$ ) and behavior scale (mean= $45.17 \pm 3.690$ ) respectively.

**Conclusion:** In general, the self-care profile tends to be good. Nursing interventions are needed to escalate the patients' self-care, especially on self-efficacy and behavior scales.

### Keywords:

*Hypertension; self-care; HBP-SCP; self-efficacy, Indonesia.*