

## ABSTRACT

**Background:** Hypertension is a chronic disease that requires active patient involvement through self-care behavior to achieve optimal disease management. Motivation and self-efficacy are psychological factors that may influence self-care behavior among patients with hypertension. However, studies examining these relationships in hospital settings are still limited, particularly at Royal Prima Hospital Medan.

**Purpose:** To determine the relationship between motivation and self-efficacy with self-care behavior among patients with hypertension at Royal Prima Hospital Medan.

**Method:** This study used a quantitative approach with a cross-sectional design. The study was conducted at Royal Prima Hospital Medan in June 2026. A total of 50 patients with hypertension were selected using consecutive sampling. Data were collected using the Hypertension Self-Care Profile (HBP-SCP) questionnaire. Data were analyzed using the Chi-Square test with a significance level of  $\alpha = 0.05$ .

**Results:** The results showed that 31 respondents (62%) had a high level of motivation, 29 respondents (58%) had a high level of self-efficacy, and 26 respondents (52%) had a low level of self-care behavior. The Chi-Square test showed a significant relationship between motivation and self-care behavior ( $p$ -value = 0.003) and between self-efficacy and self-care behavior ( $p$ -value = 0.019) among patients with hypertension at Royal Prima Hospital Medan.

**Conclusion:** There was a significant relationship between motivation and self-care behavior and between self-efficacy and self-care behavior among patients with hypertension at Royal Prima Hospital Medan in 2026. Most patients had high levels of motivation and self-efficacy, while self-care behavior was predominantly in the low category.

**Keywords:** Hypertension; Motivation; Self-Efficacy; Self-Care Behavior

## ABSTRAK

**Pendahuluan:** Hipertensi merupakan penyakit kronis yang memerlukan keterlibatan aktif pasien dalam melakukan perilaku self-care untuk mengendalikan kondisi penyakit. Motivasi dan efikasi diri merupakan faktor psikologis yang berperan dalam mendorong pasien menjalankan self-care secara konsisten. Namun, penelitian mengenai hubungan motivasi dan efikasi diri dengan perilaku self-care pada pasien hipertensi dalam setting rumah sakit masih terbatas.

**Tujuan:** Mengetahui hubungan motivasi dan efikasi diri dengan perilaku self-care pada pasien hipertensi di RSUD Royal Prima Medan.

**Metode:** Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional. Penelitian dilaksanakan di RSUD Royal Prima Medan pada bulan Juni 2026 dengan jumlah sampel sebanyak 50 responden yang dipilih menggunakan teknik consecutive sampling. Pengumpulan data dilakukan menggunakan kuesioner Hypertension Self-Care Profile (HBP-SCP). Analisis data menggunakan uji Chi-Square dengan tingkat kemaknaan  $\alpha = 0,05$ .

**Hasil:** Sebagian besar responden memiliki tingkat motivasi tinggi sebanyak 31 responden (62%) dan efikasi diri tinggi sebanyak 29 responden (58%), sedangkan perilaku self-care sebagian besar berada pada kategori rendah sebanyak 26 responden (52%). Hasil uji Chi-Square menunjukkan terdapat hubungan yang signifikan antara motivasi dengan perilaku self-care dengan  $p\text{-value} = 0,003$  dan antara efikasi diri dengan perilaku self-care dengan  $p\text{-value} = 0,019$  pada pasien hipertensi di RSUD Royal Prima Medan.

**Simpulan:** Terdapat hubungan yang signifikan antara motivasi dengan perilaku self-care dan antara efikasi diri dengan perilaku self-care pada pasien hipertensi di RSUD Royal Prima Medan Tahun 2026.

**Kata Kunci:** Hipertensi; Motivasi; Efikasi Diri; Self-Care.