ANALISIS DETERMINAN PERILAKU PERAWATAN DIRI PASIEN HIPERTENSI KELOMPOK USIA ≥ 40 TAHUN DI PUSKESMAS PULO BRAYAN PADA TAHUN 2025

ABSTRAK

Latar belakang: Hipertensi merupakan penyakit yang dapat diderita berbagai kelompok usia, perilaku perawatan diri yang kurang baik dapat menjadi salah satu dari beberapa faktor kejadian hipertensi. Penelitian ini melihat beberapa determinan perilaku perawatan diri hipertensi pada usia > 40 tahun.

Metode: Studi ini menggunakan pendekatan kuantitatif dengan desain cross sectional. Populasi penelitian adalah seluruh pasien yang berobat dipuskesmas pulo brayan dan terdisiagnosis hipertensi .Jumlah sampel sebanyak 216 orang yang dipilih menggunakan teknik simple random sampling. Data primer diperoleh melalui wawancara dengan pasien hipertensi yang berobat ke Puskesmas Pulo Brayan dengan meneeunakan kuesioner dan data sekunder diperoleh dari data awal yang bersumber dari Puskesmas Pulo Brayan.

Hasil: Determinan yang berhubungan dengan perilaku perawatan diri hipertensi yaitu usia (p-velue = 0,005; OR = 2,9), durasi menderita hipertensi (p-velue = 0,001; OR = 2,8), pengetahuan (p-velue = 0,001; OR = 38,1), dukungan keluarga (p-velue = 0,001; OR = 9,6), sikap (p-velue = 0,001; OR = 2,7). Variabel dominan yang berhubungan terhadap perilaku perawatan diri hipertensi adalah veriabel pengetahuan.

Kesimpulan: Terdapat hubungan signifikasi usia, durasi menderita hipertensi, pengetahuan, dukungan keluarga, sikap terhadap perilaku perawatan diri hipertensi dan tidak terdapat hubungan variabel pendapatan dan pendidikan terhadap perilaku perawatan diri hipertensi.

Kata Kunci : Perilaku perawatan diri, Hipertensi, Determinan

ANALYSIS OF DETERMINANTS OF SELF-CARE BEHAVIOR OF HYPERTENSIVE PATIENTS AGED ≥ 40 YEARS AT PULO BRAYAN HEALTH CENTER IN 2025

ABSTRACT

Background: Hypertension is a disease that can be suffered by various age groups, poor self-care behavior can be one of several factors for the incidence of hypertension. This study looks at several determinants of hypertension self-care behavior at the age of > 40 years.

Methods: This study used a quantitative approach with a cross sectional design. The study population was all patients who sought treatment at Pulo Brayan Health Center and diagnosed with hypertension. The sample size was 216 people selected using simple random sampling technique. Primary data obtained through interviews with hypertensive patients who seek treatment at Pulo Brayan Health Center using a questionnaire and secondary data obtained from preliminary data sourced from Pulo Brayan Health Center.

Results: Determinants associated with hypertension self-care behavior are age (p-velue = 0.005; OR = 2.9), duration of hypertension (p-velue = 0.001; OR = 2.8), knowledge (p-velue = 0.001; OR = 38.1), family support (p-velue = 0.001; OR = 9.6), attitude (p-velue = 0.001; OR = 2.7). The dominant variable associated with hypertension self-care behavior is the knowledge variable.

Conclusion: There is a significant relationship between age, duration of hypertension, knowledge, family support, attitude towards hypertension self-care behavior and there is no relationship between income and education variables towards hypertension self-care behavior.

Keywords: Self-care behavior, Hypertension, Determinants