

**Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA PADANG
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Hubungan Dukungan Sosial dengan *Self Management* pada Pasien Hipertensi di Puskesmas Andalas Kota Padang

x + 79 halaman + 5 tabel + 3 skema + 13 lampiran

ABSTRAK

Menurut WHO tahun 2023 diperkirakan (46%) penderita hipertensi tidak menyadari bahwa mereka mengalami hipertensi. Salah satu hal yang dapat dilakukan oleh pasien hipertensi yaitu *self management*. Dampak yang dirasakan jika tidak melakukan *self management* dengan baik yaitu status tekanan darah akan semakin tinggi pada pasien hipertensi. Salah satu faktor yang mempengaruhi *self management* yaitu dukungan sosial. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dengan *self management* pada pasien hipertensi di Puskesmas Andalas Kota Padang. Metode penelitian ini menggunakan desain *cross sectional*. Populasi dalam penelitian ini 110 orang dengan sampel berjumlah 87 responden dengan teknik *accidental sampling*. Alat ukur yang digunakan kuesioner HSMBQ dan kuesioner MOS-SSS. Hasil penelitian didapatkan (40,2%) responden memiliki *self management* cukup, (51,7%) responden memiliki dukungan sosial yang tinggi dan didapatkan bahwa responden dengan *self management* baik lebih banyak pada responden dengan dukungan sosial tinggi (56,6%), dibandingkan dengan dukungan sosial yang rendah (9,5%). Analisa data dilakukan dengan uji Chi Square didapatkan nilai *p value* = 0,000, artinya terdapat hubungan dukungan sosial dengan *self management* pada pasien hipertensi di Puskesmas Andalas Kota Padang. Disarankan bagi keluarga dan orang sekitar dekat dengan pasien agar memberikan perhatian dan dukungan kepada pasien agar menjalankan *self management* sesuai dengan anjuran.

Kata Kunci : Hipertensi, Dukungan Sosial, *Self Management*

Daftar Bacaan : 41 (2010-2023)

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The Relationship between social support and self management in hypertensive patients at Andlas Health Center Padang City

x + 79 Pages + 5 Tables + 3 Schematics + 13 Attachments

ABSTRACT

According to WHO, in 2023 it is estimated that 46% people with hypertension are not aware that they have hypertension. One of the things that hypertensive patients can do is self management. The impact that is felt if you do not do self management properly, namely the blood pressure status will be higher in hypertensive patients. One of the factors that influence self management is social support. This study aims to determine the relationship between social support and self management in hypertensive patients at Andalas Health Center Padang City. This research method uses a cross sectional design. The population in this study was 110 people with a sample of 87 respondents using accidental sampling technique. Measuring tools used HSMBQ and MOS-SSS questionnaire. The results showed that (40.2%) respondents had sufficient self-management, (51.7%) respondents had high social support and it was found that respondents with good self-management were more likely to be respondents with high social support (56.6%). compared to low social support (9.5%). Data analysis was carried out using the Chi Square test and obtained a p value = 0,000, meaning that there is a relationship between social support and self management in hypertensive patients at Andalas Center Padang City. It is recommended for families and people close to the patient to provide attention and support for the patient to carry out self-management according to the recommendations.

Keywords : Hypertension, Social Support, Self Management

Literature : 41 (2010-2023)