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PEMINATAN PROMOSI KESEHATAN**

ABSTRAK

Latar belakang: Hipertensi adalah tekanan darah tinggi yang dikenal sebagai pembunuh diam-diam (silent killer) karena penderita tidak tahu bahwa dirinya menderita hipertensi. Kematian akibat hipertensi dapat dikendalikan dengan melakukan self management, yaitu upaya untuk mengontrol faktor-faktor yang berpengaruh terhadap penyakit hipertensi. **Tujuan:** untuk mengidentifikasi *self management* pada penderita hipertensi. **Metode:** penelitian deskriptif dengan pendekatan kuantitatif, yang dilaksanakan pada bulan Juni-Juli 2023. Pengambilan sampel dilakukan dengan menggunakan teknik *accidental sampling* dengan jumlah responden sebanyak 87 orang. **Hasil:** Hasil penelitian ini didapatkan data berupa lama menderita hipertensi 1-10 tahun sebanyak 82,8%, kurang dari 1 tahun sebanyak 17,2%. Didapatkan data berupa karakteristik responden berdasarkan tekanan darah dengan nilai mean 163, median 160, min 130, dan max 250. Terdapat pula data komplikasi hipertensi, komplikasi sebanyak 27,6% dan tidak komplikasi sebanyak 72,4%. Didapatkan juga data berupa karakteristik responden berdasarkan rutin minum obat 3bulan terakhir, rutin minum obat sebanyak 58,6%, dan tidak rutin minum obat sebanyak 41,4%. Dan didapatkan data berdasarkan karakteristik berupa pengguna pelayanan BPJS, 70,1% sebagai pengguna layanan dan 29,9% tidak menggunakan layanan BPJS. **Kesimpulan:** *Self management* pada integrasi diri, regulasi diri, interaksi dengan tenaga kesehatan, pemantauan tekanan darah menunjukkan hasil yang variatif dimulai dari hasil yang cukup baik bahkan kurang baik. **Saran:** meningkatkan edukasi terkait *self management* berdasarkan integrasi diri dan regulasi diri pada pasien hipertensi agar mampu berperilaku lebih baik dalam mencegah dan merawat penyakit hipertensi yang diidap.

Kata Kunci : Hipertensi, self management, integrasi diri, regulasi diri

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ABSTRACT

Background: Hypertension is high blood pressure which is known as a silent killer because sufferers do not know that they suffer from hypertension. Deaths due to hypertension can be controlled by carrying out self-management, namely efforts to control the factors that influence hypertension. **Objective:** to identify self-management in hypertension sufferers. **Method:** descriptive research with a quantitative approach, carried out in June-July 2023. Sampling was carried out using accidental sampling technique with a total of 87 respondents. **Results:** The results of this study obtained data in the form of duration of suffering from hypertension 1-10 years as much as 82.8%, less than 1 year as much as 17.2%. Data was obtained in the form of respondents' characteristics based on blood pressure with a mean value of 163, median 160, min 130, and max 250. There was also data on hypertension complications, 27.6% complications and 72.4% no complications. Data was also obtained in the form of respondents' characteristics based on regularly taking medication in the last 3 months, 58.6% regularly took medication, and 41.4% did not regularly take medication. And data was obtained based on characteristics in the form of BPJS service users, 70.1% were service users and 29.9% did not use BPJS services. **Conclusion:** Self management in self-integration, namely not reducing the amount of food as much as 46.0%, and not exercising regularly as much as 36.8, self-regulation that as many as 63.8% of respondents recognize the signs and symptoms of high blood pressure, 48.7% recognize the signs and symptoms of low blood pressure, interactions with health workers that as many as 48.3% of respondents asked the doctor or nurse when there were things the respondent did not understand, 36.8% of respondents helped the doctor or nurse find out why the respondent's blood pressure was not controlled well , blood pressure monitoring that as many as 80.5% of respondents regularly measure and control blood pressure to avoid complications of hypertension, 67.7% of respondents visit a doctor every 1 to 3 months to check their blood pressure. **Recomedation:** increase education regarding self-management based on self-integration and self-regulation in hypertensive patients so that they are able to behave better in preventing and treating hypertension.

Keywords: *Hypertension, self management, self integration, self regulation*