

HUBUNGAN DUKUNGAN KELUARGA DAN *SELF ESTEEM* DENGAN RESILIENSI DIRI LANSIA HIPERTENSI DI KELURAHAN GROGOL

Nabila Nasya

Abstrak

Hipertensi dapat menyebabkan berbagai perubahan pada berbagai aspek, mulai dari fisik, psikologis, serta sosial. Oleh karena itu diperlukan resiliensi yang tinggi agar individu yang mengalami hipertensi mampu bertahan dan meminimalisir perasaan tidak nyaman dari perubahan yang terjadi yang berdampak pada kualitas hidup. Penelitian ini untuk mengetahui hubungan dukungan keluarga dan *self esteem* dengan resiliensi diri lansia hipertensi. Metode analitik observasional melalui pendekatan *cross sectional* dengan analisa data menggunakan uji chi square, serta teknik *quota sampling* untuk melakukan pengambilan sampel sejumlah 150 responden digunakan dalam penelitian ini. Kuesioner PSS-Fa, RSES, serta CD-RISC digunakan untuk pengambilan data. Hasil penelitian ditemukan hubungan antara dukungan keluarga dan resiliensi diri (p value= 0,000) serta ditemukan hubungan antara *self esteem* dengan resiliensi diri (p value= 0,000). Dapat disimpulkan dengan dukungan keluarga yang baik serta *self esteem* tinggi menjadi faktor esensial resiliensi diri pada lansia yang mengalami hipertensi agar mampu beradaptasi terhadap perubahan. Sehingga lansia hipertensi dapat meningkatkan *self esteem* melalui sikap mencintai diri sendiri, dan mengurangi sikap mudah menyerah. Selain itu, keluarga dapat meningkatkan dukungan melalui pemberian dukungan semangat, menyiapkan dan mengingatkan konsumsi obat, serta pengaturan menu makanan. Pada penelitian ini, peneliti mengalami hambatan pada proses perizinan penelitian, pengambilan data, serta proses pembahasan karena kurangnya referensi.

Kata Kunci: Dukungan Keluarga, Hipertensi, Lansia, *Self Esteem*, Resiliensi Diri

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF ESTEEM WITH SELF RESILIENCE OF HYPERTENSION ELDERLY IN GROGOL VILLAGE

Nabila Nasya

Abstract

Hypertension can cause various changes in various aspects, ranging from physical, psychological, and social. Therefore, high resilience is needed so that individuals who experience hypertension are able to survive and minimize feelings of discomfort from changes that occur that have an impact on quality of life. This study was to determine the relationship between family support and self-esteem with the self-resilience of hypertensive elderly people. Observational analytic method through a cross sectional approach with data analysis using the chi square test, as well as quota sampling technique to take a sample of 150 respondents used in this study. PSS-Fa, RSES, and CD-RISC questionnaires were used for data collection. The results of the study found a relationship between family support and self-resilience (p value = 0.000) and found a relationship between self-esteem and self-resilience (p value = 0.000). It can be concluded that good family support and high self-esteem are essential factors of self-resilience in the elderly with hypertension so that they are able to adapt to change. So that the elderly with hypertension can increase self-esteem through self-loving attitudes, and reduce the attitude of giving up easily. In addition, families can increase support by providing encouragement, preparing and reminding them of medication consumption, and arranging food menus. In this study, researchers experienced obstacles in the research licensing process, data collection, and the discussion process due to a lack of references.

Keywords: *Family Support, Hypertension, Elderly, Self Esteem, Self Resilience*