

HUBUNGAN *HYPERTENSION SELF-MANAGEMENT BEHAVIOR* TERHADAP KUALITAS HIDUP DAN TEKANAN DARAH PADA PENDERITA HIPERTENSI

Putri Handayani

Abstrak

Hipertensi merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang untuk mencegah komplikasi serta mempertahankan kualitas hidup penderita. Pengendalian hipertensi tidak hanya bergantung pada terapi farmakologis, tetapi juga pada kemampuan penderita dalam menerapkan *hypertension self-management behavior*, seperti kepatuhan minum obat, pengaturan gaya hidup, dan pemantauan tekanan darah secara rutin. Manajemen diri yang kurang optimal dapat menyebabkan tekanan darah tidak terkontrol dan menurunkan kualitas hidup. Penelitian ini bertujuan menganalisis hubungan antara *hypertension self-management behavior* dengan kualitas hidup dan tekanan darah pada penderita hipertensi di RSUD Tarakan Jakarta. Penelitian menggunakan desain *cross-sectional* dengan 136 penderita hipertensi yang dipilih melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Hypertension Self-Management Behavior*, instrumen kualitas hidup SF-36, serta pengukuran tekanan darah *digital*. Analisis data dilakukan secara *univariat* dan *bivariat*. Hasil penelitian menunjukkan adanya hubungan signifikan antara *hypertension self-management behavior* dengan kualitas hidup dan tekanan darah berdasarkan uji *Chi-Square* dan *Fisher-Freeman-Halton Exact Test* ($p = < 0,001$). Penderita dengan manajemen diri yang baik cenderung memiliki kualitas hidup lebih baik dan tekanan darah lebih terkontrol.

Kata Kunci: Hipertensi, *Hypertension Self-Management Behavior*, Kualitas Hidup, Tekanan Darah

THE RELATIONSHIP BETWEEN HYPERTENSION SELF-MANAGEMENT BEHAVIOR AND QUALITY OF LIFE AND BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION

Putri Handayani

Abstract

Hypertension is a chronic disease that requires long-term management to prevent complications and maintain the quality of life of individuals with hypertension. Hypertension control does not rely solely on pharmacological therapy but also on the ability of individuals to implement hypertension self-management behaviors, such as medication adherence, lifestyle modification, and regular blood pressure monitoring. Suboptimal self-management may lead to uncontrolled blood pressure and a decline in quality of life. This study aimed to analyze the relationship between hypertension self-management behavior and quality of life as well as blood pressure among individuals with hypertension at RSUD Tarakan Jakarta. This study employed a cross-sectional design involving 136 individuals with hypertension selected through purposive sampling. Data were collected using the Hypertension Self-Management Behavior questionnaire, the SF-36 quality of life instrument, and digital blood pressure measurements. Data analysis was conducted using univariate and bivariate analyses. The results showed a significant relationship between hypertension self-management behavior and both quality of life and blood pressure based on the Chi-Square test and Fisher–Freeman–Halton Exact Test ($p = < 0.001$). Individuals with good self-management tended to have a better quality of life and more controlled blood pressure.

Keywords: *Hypertension, Hypertension Self-Management Behavior, Quality of Life, Blood Pressure*