

# HUBUNGAN *SELF-EFFICACY* DENGAN TINGKAT KECEMASAN PADA LANSIA DENGAN HIPERTENSI DI RW 03 KELURAHAN RAMBUTAN

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## Abstrak

Lansia dengan hipertensi sering mengalami kecemasan dikarenakan komplikasi yang sering terjadi seperti stroke, gagal ginjal, dan jantung coroner. *Self-efficacy* sebagai keyakinan diri untuk mengatasi masalah dengan cara mempengaruhi kognisi seseorang diduga dapat membantu lansia untuk menghadapi kondisi ini. Penelitian ini bertujuan untuk mengetahui hubungan *self-efficacy* dengan tingkat kecemasan pada lansia hipertensi di RW 03 Kelurahan Rambutan, Kecamatan Ciracas, Jakarta Timur. Penelitian ini menggunakan metode *cross sectional* dengan teknik *purposive sampling*. Sampel penelitian sebanyak 42 orang merupakan warga lansia dengan hipertensi di RW 03 Kelurahan Rambutan yang dilakukan pada bulan Mei 2020 – Juni 2020. *Chronic Disease Self-Efficacy Scale* digunakan untuk mengukur *Self-Efficacy* dan *Geriatric Anxiety Scale* digunakan untuk mengukur tingkat kecemasan. Sampel penelitian dianalisis dengan uji *Chi Square* ( $p < 0,05$ ). Hasil penelitian ditemukan karakteristik responden paling banyak berusia Lansia (60 – 74) tahun sebanyak 39 responden (92,9%), berjenis kelamin perempuan 26 responden (61,9%), berpendidikan rendah sejumlah 26 responden (61,9%), tidak bekerja sebanyak 31 responden (73,8%), tidak teratur meminum obat hipertensi sebanyak 25 responden (59,9%), lama hipertensi > 2 tahun sebanyak 30 responden (71,4%). Analisis bivariat menunjukkan terdapat hubungan antara *self-efficacy* dengan tingkat kecemasan pada lansia dengan hipertensi di RW 03 Kelurahan Rambutan ( $p = 0,019$ ). Peneliti menyarankan lansia lebih memperhatikan pola hidup sehat agar mengontrol hipertensi dan bagi pelayanan kesehatan khususnya perawat dapat mendeteksi secara dini kecemasan yang terjadi pada lansia hipertensi.

**Kata Kunci** : Kecemasan, Lansia dengan Hipertensi, *Self-Efficacy*

# **THE RELATIONSHIP BETWEEN *SELF-EFFICACY* AND ANXIETY LEVEL IN THE ELDERLY WITH HYPERTENSION IN RW 03 RAMBUTAN VILLAGE**

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## **Abstract**

Elderly with hypertension often experience anxiety due to complications that often occur such as stroke, kidney failure, and coronary heart disease. Self-efficacy as a key self to overcome problems by influencing one's cognition is thought to help the elderly to deal with this condition. This study aims to determine the relationship of self-efficacy with anxiety levels in elderly hypertension at RW 03 Rambutan Village, Ciracas District, East Jakarta. This study uses a method cross sectional with a purposive sampling technique. The study sample of 42 people are elderly with hypertension in RW 03 Rambutan Village conducted in May 2020 - June 2020. Chronic Disease Self-Efficacy Scale is used to measure Self-Efficacy and Geriatric Anxiety Scale is used to measure anxiety levels. The research sample was analyzed by Chi Square test ( $p < 0.05$ ). The results found the characteristics of the respondents most aged elderly (60-74) years as many as 39 respondents (92.9%), female sex 26 respondents (61.9%), low-educated number of 26 respondents (61.9%), no worked as many as 31 respondents (73.8%), did not regularly take hypertension medication as many as 25 respondents (59.9%), hypertension duration > 2 years were 30 respondents (71.4%). Bivariate analysis showed that there was a relationship between self-efficacy and anxiety levels in the elderly with hypertension in RW 03 Rambutan Village ( $p = 0.019$ ). Researchers suggest that the elderly pay more attention to healthy lifestyles in order to control hypertension and for health services especially nurses can detect early anxiety that occurs in elderly hypertension.

**Keywords:** Anxiety, Elderly with Hypertension, Self-Efficacy