

# HUBUNGAN DUKUNGAN KELUARGA DAN PERSEPSI PENYAKIT DENGAN *SELF-MANAGEMENT* PENDERITA HIPERTENSI USIA DEWASA DI KELURAHAN GROGOL DEPOK SELAMA PANDEMI COVID-19

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## Abstrak

Penyakit kronis yang terabaikan karena seluruh fokus masyarakat hanya pada pengendalian dan pencegahan COVID-19 menyebabkan penyakit hipertensi tidak terkontrol selama pandemi COVID-19. Upaya untuk mengelola hipertensi yang dapat dilakukan mandiri selama pandemi COVID-19 agar terhindari dari komplikasi dan imbas buruk COVID-19 adalah *self-management*. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dan persepsi penyakit dengan *self-management* penderita hipertensi usia dewasa di Kelurahan Grogol Depok selama pandemi COVID-19. Metode yang digunakan yaitu deskriptif-analitik *cross-sectional* dengan analisa data *Chi-Square*. Pengambilan sampel dilakukan dengan teknik purposive sampling sejumlah 132 responden. Data diambil dengan menggunakan kuesioner FSS, B-IPQ dan HSMBQ. Ketiga kuesioner telah diuji validitas dan reliabilitasnya. Hasil penelitian ini menunjukkan ada hubungan dukungan keluarga dengan *self-management* dengan p value  $0,000 \leq 0,05$  (OR = 14,667) dan ada hubungan persepsi penyakit dengan *self-management* dengan p value  $0,015 \leq 0,05$  (OR = 3,080). Dapat disimpulkan keterlibatan dukungan keluarga dan persepsi penyakit hipertensi yang positif menjadi faktor esensial dalam *self-management* penderita hipertensi usia dewasa untuk dapat mengontrol hipertensi serta mencegah komplikasi lebih lanjut.

**Kata Kunci:** Dewasa, Dukungan Keluarga, Hipertensi, Persepsi Penyakit, Self-Management

# **THE RELATIONSHIP OF FAMILY SUPPORT AND ILLNESS PERCEPTION WITH SELF-MANAGEMENT OF ADULT HYPERTENSION PATIENTS IN GROGOL SUBSTANCE, DEPOK DURING THE COVID-19 PANDEMIC**

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## **Abstract**

Neglected chronic diseases because the entire focus of society is only on controlling and preventing COVID-19 causing hypertension to be uncontrolled during the COVID-19 pandemic. Efforts to manage hypertension that can be done independently during the COVID-19 pandemic to avoid complications and the bad effects of COVID-19 are self-management. This study aims to determine the relationship between family support and perception of disease with self-management of adult hypertension sufferers in Grogol Depok Village during the COVID-19 pandemic. The method used is descriptive-analytic cross-sectional with Chi-Square data analysis. Sampling was done by purposive sampling technique with a total of 132 respondents. Data were taken using FSS, B-IPQ and HSMBQ questionnaires. The three questionnaires have been tested for validity and reliability. The results of this study indicate that there is a relationship between family support and self-management with *p-value*  $0.000 \leq 0.05$  (OR = 14.667) and there is a relationship between perception of illness and self-management with *p-value*  $0.015 \leq 0.05$  (OR = 3.080). It can be concluded that the involvement of family support and a positive perception of hypertension are essential factors in self-management of adult hypertension patients to be able to control hypertension and prevent further complications.

**Keywords:** Adult, Family Support, Hypertension, Illness Perception, Self-Management