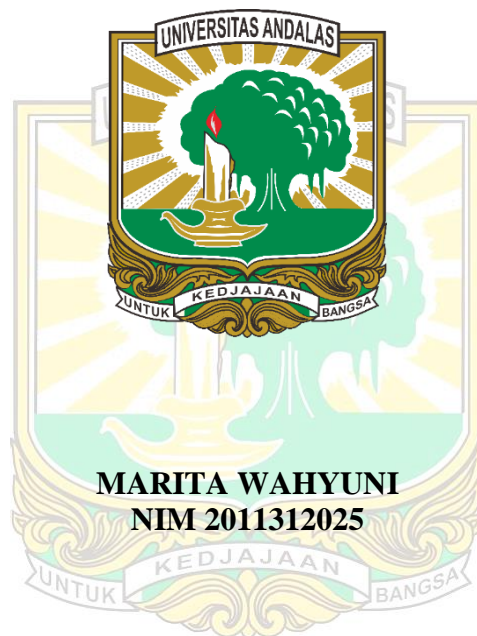


SKRIPSI

**PERBEDAAN MANAJEMEN PERAWATAN DIRI LANSIA HIPERTENSI
BERDASARKAN SUMBER DUKUNGAN KELUARGA DI
PUSKESMAS BELIMBING KOTA PADANG**

Penelitian Keperawatan Medikal Bedah



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**Perbedaan Manajemen Perawatan Diri Lansia Hipertensi Berdasarkan
Sumber Dukungan Keluarga di Puskesmas Belimbing Kota Padang**

ABSTRAK

Lansia mengalami kesulitan dalam manajemen perawatan secara mandiri akibat penurunan fisiologis. Hasil riset lansia dengan hipertensi 64% tidak patuh mengkonsumsi obat dan > 80% tidak patuh dalam hal diet DASH, manajemen berat badan, terpapar asap rokok, serta tidak melakukan aktivitas fisik. Lansia membutuhkan dukungan dari keluarga untuk perawatan diri yang berasal dari pasangan, anak, pasangan dan anak sekaligus. Tujuan penelitian ini adalah untuk melihat perbedaan perawatan diri lansia berdasarkan tiga kelompok sumber dukungan keluarga yaitu pasangan, anak, pasangan dan anak di Puskesmas Belimbing Kota Padang. Penelitian ini adalah penelitian kuantitatif desain komparatif dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan teknik *nonprobability sampling* secara *purposive sampling* dengan jumlah sampel sebanyak 170 orang. Pengambilan data menggunakan kuesioner *Hypertension Self-Care Activity Level Effect (H-SCALE)*. Penelitian ini dilaksanakan dari Desember 2023 – Juni 2024. Analisa data menggunakan uji Kruskal Wallis. Hasil penelitian ditemukan perbedaan manajemen perawatan diri lansia yang tinggal dengan pasangan, anak, pasangan dan anak domain kepatuhan diet DASH, aktivitas fisik, menghindari asap rokok, manajemen berat badan ($p\text{-value} < 0,05$), sementara domain kepatuhan obat dan konsumsi alkohol tidak terdapat perbedaan ($p\text{-value} > 0,05$). Diharapkan kepada pihak puskesmas dapat memberikan edukasi sesuai dengan peran anggota keluarga dalam manajemen perawatan diri lansia.

Kata kunci : Lansia, Manajemen Perawatan Diri, Sumber Dukungan Keluarga

Daftar Pustaka : 87 (2007 – 2024)

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Differences in Self-care Management for the Elderly with Hypertension Based on Family Support Sources at the Belimbing Health Center, Padang City

ABSTRACT

The elderly have difficulty in managing treatment independently due to physiological decline. The results of elderly research with hypertension 64% did not comply with taking drugs and > 80% did not comply in terms of DASH diet, weight management, exposure to cigarette smoke, and did not do physical activity. Elderly people need support from family for self-care, which comes from spouses, children, spouses and children at the same time. The purpose of this study was to look at differences in elderly self-care based on three groups of family support sources, namely spouses, children, spouses and children at Puskesmas Belimbing Padang City. This research is a quantitative research of comparative design with a cross-sectional approach. Sampling technique using nonprobability sampling technique purposive sampling with a sample of 170 people. Data collection using the Hypertension Self-Care Activity Level Effect (H-SCALE) questionnaire. The research was carried out from December 2023 – June 2024. Data analysis using the Kruskal Wallis test. The results of there are differences in the management of elderly self-care who live with spouses, children, spouses and children in the DASH diet compliance domain, physical activity, avoiding cigarette smoke, weight management (p -value < 0.05), while the drug and alcohol consumption compliance domains have no difference (p -value > 0.05). It is hoped that the puskesmas can provide education in accordance with the role of family members in the management of elderly self-care.

Keywords : Elderly, Self-care Management, Source of Family Support
References : 87 (2007-2023)