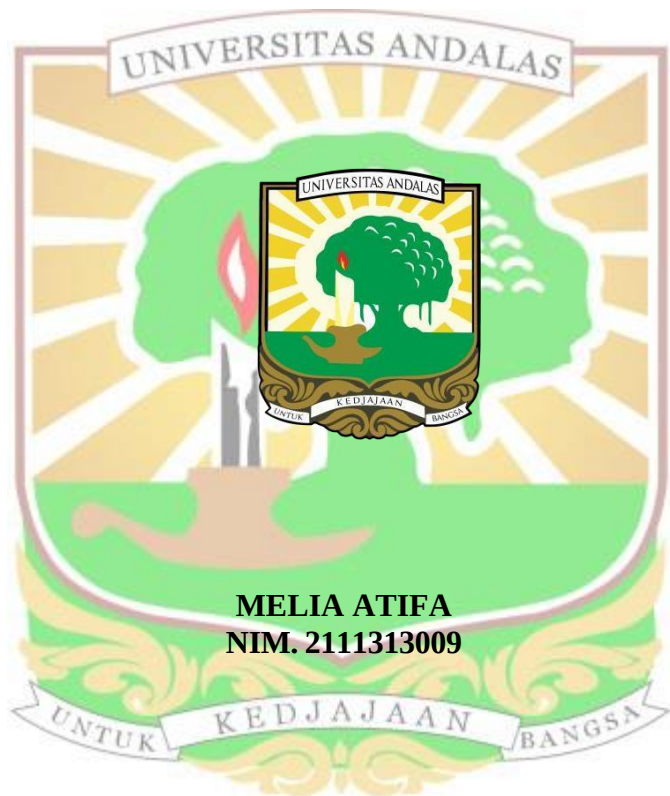


SKRIPSI

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Penelitian Keperawatan Medikal Bedah



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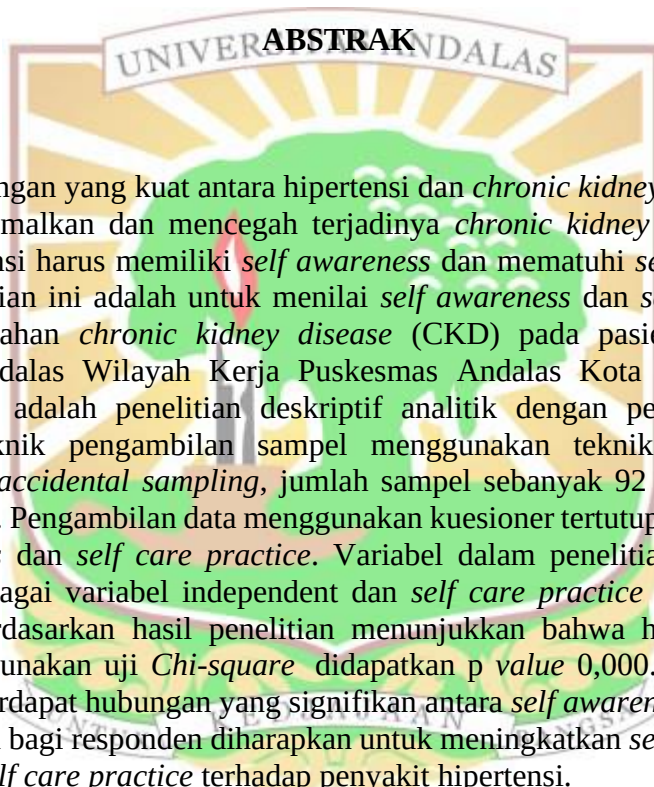
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FAKULTAS KEPERAWATAN
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JANUARI 2025

Nama : Melia Atifa

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**Hubungan *Self Awareness* Dengan *Self Care Practice* Mengenai Pencegahan
Penyakit *Chronic Kidney Disease* (CKD) Pada Pasien Hipertensi**



Terdapat hubungan yang kuat antara hipertensi dan *chronic kidney disease* (CKD). Untuk meminimalkan dan mencegah terjadinya *chronic kidney disease* (CKD), pasien hipertensi harus memiliki *self awareness* dan mematuhi *self care practice*. Tujuan penelitian ini adalah untuk menilai *self awareness* dan *self care practice* terkait pencegahan *chronic kidney disease* (CKD) pada pasien hipertensi di Kelurahan Andalas Wilayah Kerja Puskesmas Andalas Kota Padang. Desain penelitian ini adalah penelitian deskriptif analitik dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan teknik *non-probabilty sampling* dan *accidental sampling*, jumlah sampel sebanyak 92 yang memenuhi kriteria inklusi. Pengambilan data menggunakan kuesioner tertutup yaitu kuesioner *self awareness* dan *self care practice*. Variabel dalam penelitian ini yaitu *self awareness* sebagai variabel independent dan *self care practice* sebagai variabel dependen. Berdasarkan hasil penelitian menunjukkan bahwa hasil uji *statistic* dengan menggunakan uji *Chi-square* didapatkan *p value* 0,000. Sehingga dapat disimpulkan terdapat hubungan yang signifikan antara *self awareness* dan *self care practice*. Saran bagi responden diharapkan untuk meningkatkan *self awareness* dan mengadopsi *self care practice* terhadap penyakit hipertensi.

Kata Kunci : *Self awareness*, *Self care practice*, Hipertensi, *Chronic kidney disease* (CKD)

**NURSING FACULTY ANDALAS
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JANUARY 2025**

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***Relationship Between Self Awareness and Self Care Practice in the Prevention
of Chronic Kidney Disease (CKD) Among Hypertensive Patients***

ABSTRACT

There is a strong relationship between hypertension and chronic kidney disease (CKD). To minimize and prevent the occurrence of chronic kidney disease (CKD), hypertensive patient must possess self awareness and adhere to self care practice. This study aimed to assess self awareness and self care practice related to the prevention of chronic kidney disease (CKD) among hypertensive patients in the Andalas Subdistrict, Andalas Public Health Center, Padang City. The research design was descriptive-analytical with a cross-sectional approach. The sampling technique utilized non-probability and accidental sampling, involving a total of 92 participants who met the inclusion criteria. Data collection was conducted using a closed ended questionnaire, specifically self awareness and self care practice questionnaires. The variables in this study included self awareness as the independent variable and self care practice as the dependent variable. The results indicated that the statistical test using the Chi-square method obtained a p – value of 0,000. Thus, it can be concluded that is a significant relationship between self awareness and self care practice. Recommendations for respondents include enhancing self awareness and adopting self care practice to manage hypertension effectively.

Keywords : Self awareness, Self care practice, Hypertension, Chronic kidney disease (CKD)