

## ABSTRACT

### **THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SELF-CARE MANAGEMENT AMONG ELDERLY WITH HYPERTENSION IN KUMITIR VILLAGE, JATIREJO SUBDISTRICT, MOJOKERTO REGENCY**

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Hypertension is a chronic disease in the elderly that requires continuous self-management to prevent complications, the success of which is influenced by self-efficacy. This study aimed to analyze the relationship between self-efficacy and self-care management among elderly individuals with hypertension in Kunitir Village. This study employed a correlational analytic design with a cross-sectional approach. The population consisted of 77 elderly individuals, with a sample of 65 respondents selected using a purposive sampling technique. Data were collected using the Self-Efficacy to Manage Hypertension-Five Item Scale and the Hypertension Self Management Behaviors Questionnaire, and were subsequently analyzed using the Spearman Rank test. The results showed that the majority of respondents had poor self-efficacy (56.9%) and poor self-care management (53.8%). The statistical test yielded a p-value = 0.000 and a correlation coefficient ( $r$ ) = 0.747, indicating a significant, strong, and positive relationship. The higher the self-efficacy possessed by the elderly, the better the self-care management practiced in controlling hypertension. These findings confirm the importance of psychological aspects in chronic disease management. However, this study is limited by its cross-sectional design and potential questionnaire bias. Therefore, future research should further examine external factors like family support and health literacy. Future studies are recommended to utilize longitudinal or experimental designs, such as peer-support or motivational interviewing interventions, to evaluate the long-term effects of enhancing self-efficacy on elderly self-care management.

**Keywords: Elderly, Hypertension, Self-care management, Self-efficacy**

## ABSTRAK

### HUBUNGAN SELF-EFFICACY DENGAN SELF-CARE MANAGEMENT PADA LANSIA PENDERITA HIPERTENSI DI DESA KUMITIR KECAMATAN JATIREJO KABUPATEN MOJOKERTO

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Hipertensi merupakan penyakit kronis pada lansia yang memerlukan pengelolaan mandiri secara berkelanjutan untuk mencegah komplikasi, di mana keberhasilannya dipengaruhi oleh keyakinan diri (*self-efficacy*). Penelitian ini bertujuan menganalisis hubungan antara *self-efficacy* dengan *self-care management* pada lansia hipertensi di Desa Kunitir. Penelitian ini menggunakan desain analitik korelasi dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini sebanyak 77 lansia, dengan sampel 65 responden yang dipilih melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Self-Efficacy to Manage Hypertension-Five Item Scale* dan *Hypertension Self Management Behaviors Questionnaire*, lalu dianalisis dengan uji *Spearman Rank*. Hasil penelitian menunjukkan mayoritas responden memiliki *self-efficacy* kurang (56,9%) dan *self-care management* kurang (53,8%). Uji statistik memperoleh nilai  $p\text{-value} = 0,000$  dan koefisien korelasi ( $r$ ) = 0,747, menandakan adanya hubungan signifikan, kuat, dan berarah positif. Semakin tinggi *self-efficacy* yang dimiliki lansia, maka semakin baik *self-care management* yang dilakukan dalam mengendalikan hipertensi. Temuan ini mengonfirmasi pentingnya aspek psikologis dalam manajemen penyakit kronis. Namun, penelitian ini terbatas pada desain *cross-sectional* dan potensi bias kuesioner. Oleh karena itu, penelitian selanjutnya perlu mengkaji faktor eksternal seperti dukungan keluarga dan literasi kesehatan. Penelitian mendatang direkomendasikan menggunakan desain longitudinal atau eksperimen melalui intervensi *peer-support* atau *motivational interviewing* untuk mengevaluasi dampak jangka panjang peningkatan *self-efficacy* terhadap perilaku *self-care* lansia.

**Kata Kunci:** Hipertensi, Lansia, *Self-efficacy*, *Self-care management*