

## ABSTRAK

### HUBUNGAN *SELF-EFFICACY* DENGAN KEPATUHAN DIET RENDAH GARAM PADA PASIEN HIPERTENSI DI WILAYAH KERJA UPTD PUSKESMAS PANDAN

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Kepatuhan terhadap diet rendah garam menjadi salah satu faktor utama dalam mengontrol tekanan darah pada penderita hipertensi. Akan tetapi, masih banyak pasien yang kesulitan untuk menerapkan diet rendah garam secara konsisten dalam kehidupan sehari-hari. Salah satu faktor yang diduga memengaruhi kepatuhan tersebut adalah *self-efficacy*, yaitu keyakinan individu terhadap kemampuannya dalam melaksanakan perilaku atau tindakan kesehatan. Tujuan penelitian untuk menganalisis hubungan antara *self-efficacy* dengan kepatuhan diet rendah garam pada pasien hipertensi di Wilayah Kerja UPTD Puskesmas Pandan. Desain penelitian menggunakan analitik korelasional dengan pendekatan *cross-sectional* dengan jumlah populasi sebanyak 106 dan didapatkan sampel sebesar 64 responden dengan menggunakan teknik *purposive sampling*. Instrumen pengumpulan data menggunakan kuesioner *General Self-Efficacy Scale* (GSES) dan kuesioner kepatuhan diet rendah garam. Analisis data dilakukan secara *univariat* dan *bivariat* menggunakan uji statistik *spearman Rho*. Hasil penelitian menunjukkan  $p(0,001) < \alpha(0,05)$ , sehingga  $H_0$  ditolak artinya terdapat hubungan antara *self-efficacy* dengan kepatuhan diet rendah garam dengan nilai  $r=0,950$  yang menunjukkan hubungan positif yang kuat. Hasil tersebut menunjukkan bahwa semakin tinggi *self-efficacy* pasien, maka semakin tinggi pula tingkat kepatuhan dalam menjalankan diet rendah garam. Tenaga kesehatan diharapkan dapat meningkatkan edukasi serta pendampingan yang berorientasi pada peningkatan *self-efficacy* pasien, sehingga dapat mendukung kepatuhan terhadap diet rendah garam dan membantu pengendalian tekanan darah.

**Kata kunci:** *Self-efficacy*, kepatuhan diet rendah garam, hipertensi.

## **ABSTRACT**

### **THE ASSOCIATION BETWEEN SELF-EFFICACY AND LOW-SALT DIET ADHERENCE AMONG PATIENTS WITH HYPERTENSION IN THE WORKING AREA OF UPTD PANDAN PUBLIC HEALTH CENTER**

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*Compliance with a low-salt diet is one of the main factors in controlling blood pressure in patients with hypertension. However, many patients still experience difficulties in consistently implementing a low-salt diet in their daily lives. One factor that is thought to influence this adherence is self-efficacy, which refers to an individual's belief in their ability to perform health-related behaviors or actions. The aim of this study was to analyze the relationship between self-efficacy and adherence to a low-salt diet in hypertensive patients in the working area of UPTD Puskesmas Pandan. The research design used was a correlational analytic study with a cross-sectional approach. The population consisted of 106 individuals, and a sample of 64 respondents was obtained using purposive sampling technique. Data collection instruments used the General Self-Efficacy Scale (GSES) questionnaire and a low-salt diet adherence questionnaire. Data analysis was conducted using univariate and bivariate analysis with the Spearman Rho statistical test. The results showed that  $p(0.001) < \alpha(0.05)$ , so  $H_0$  was rejected, indicating that there is a relationship between self-efficacy and adherence to a low-salt diet, with a correlation coefficient ( $r = 0.950$ ) indicating a strong positive relationship. These results indicate that the higher the patient's self-efficacy, the higher their adherence to a low-salt diet. Health workers are expected to improve education and provide assistance focused on increasing patients' self-efficacy, in order to support adherence to a low-salt diet and help control blood pressure.*

**Keywords:** *self-efficacy, low-salt diet adherence, hypertension.*