

ABSTRACT

THE RELATIONSHIP BETWEEN ILLNESS PERCEPTION AND SELF-MANAGEMENT AMONG HYPERTENSIVE PATIENTS AT THE KEMLAGI COMMUNITY HEALTH CENTER

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Hypertension has become a global health issue due to its steadily rising prevalence. However, disease management by patients remains suboptimal, including inadequate self-management, which can be influenced by illness perception. The purpose of this study was to determine the relationship between illness perception and self-management among patients with hypertension at the Kemlagi Community Health Center. The study employed an analytical correlational design with a cross-sectional approach. The population consisted of all 135 Prolanis participants with hypertension at the Kemlagi Community Health Center; a sample of 70 participants was selected using purposive sampling. The independent variable was illness perception, and the dependent variable was self-management. Data were collected using the Illness Perception Questionnaire-Revised (IPQ-R) and the Self-Care of Hypertension Inventory (SCHI). After data collection, data processing was conducted, and Spearman's rank correlation test was performed. The results showed a p-value of $0.000 < \alpha = 0.05$, indicating a relationship between illness perception and self-management among hypertensive patients at the Kemlagi Community Health Center, with a correlation coefficient (r) of 0.538, signifying a strong, positive correlation. The higher the illness perception, the higher the level of self-management; conversely, the lower the illness perception, the lower the level of self-management. However, an individual's level of illness perception and self-management is also influenced by factors such as family and social support, adherence, access to health insurance, comorbidities, age, educational level, knowledge, motivation, self-efficacy, and perceived barriers. Therefore, interventions should not only focus on pharmacological therapy but also include educational programs designed to foster a more adaptive illness perception, thereby improving self-management.

Keywords: hypertension, illness perception, self-management

ABSTRAK

HUBUNGAN *ILLNESS PERCEPTION* DENGAN *SELF MANAGEMENT* PADA PASIEN HIPERTENSI DI PUSKESMAS KEMLAGI

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Hipertensi merupakan masalah kesehatan dengan prevalensi yang terus meningkat di dunia. Namun pengelolaan penyakit oleh pasien masih belum optimal, termasuk belum melakukan *self management* secara baik, dimana *self management* dapat dipengaruhi oleh *illness perception*. Tujuan penelitian adalah mengetahui hubungan *illness perception* dengan *self management* pada pasien hipertensi di Puskesmas Kemlagi. Desain penelitian analitik korelasional dengan pendekatan *cross sectional*. Populasinya seluruh peserta Prolanis yang menderita hipertensi di Puskesmas Kemlagi sebanyak 135 orang, didapatkan sampel sebanyak 70 orang yang diambil dengan *purposive sampling*. Variabel independennya *illness perception* dan variabel dependennya *self management*. Data diambil menggunakan kuesioner *illness perception questionnaire-revised* (IPQ-R) dan kuesioner *self-care of hypertension inventor* (SCHI). Analisis data menggunakan uji statistik *spearman's rank*. Hasil penelitian menunjukkan $p\text{ value} = 0,000 < \alpha = 0,05$ artinya terdapat hubungan antara *illness perception* dengan *self management* pada pasien hipertensi di Puskesmas Kemlagi dengan nilai $r = 0,538$ yang menunjukkan hubungan kuat dan korelasi positif. Semakin tinggi *illness perception* maka semakin tinggi pula *self management*, begitu pula sebaliknya semakin rendah *illness perception* maka semakin rendah pula *self management*-nya. Namun tingkat *illness perception* dan *self management* seseorang juga dipengaruhi oleh faktor dukungan keluarga/sosial, kepatuhan, memiliki jaminan kesehatan, komorbiditas, usia, tingkat pendidikan, pengetahuan, motivasi, *self efficacy*, dan hambatan yang dirasakan. Oleh karena itu, intervensi yang diberikan tidak hanya fokus pada terapi farmakologis, tetapi juga perlu mengembangkan edukasi untuk meningkatkan *illness perception* menjadi lebih adaptif untuk meningkatkan pula *self management*.

Kata kunci : hipertensi, *illness perception*, *self management*