

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN (STIK)
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HUBUNGAN SELF MANAGEMENT DENGAN KUALITAS HIDUP PADA
PASIEN HIPERTENSI DI POLIKLINIK RUMAH SAKIT SANTO ANTONIO
BATURAJA TAHUN 2023
(xiV + 61 Halaman + Daftar Tabel 8 + Daftar Bagan 3 + Lampiran 6)

Penderita hipertensi perlu menyadari akan pentingnya melakukan perawatan secara mandiri demi tercapainya keberhasilan dalam pengobatan. Adapun hasil pengobatan dapat terlihat pada kualitas hidup penderita hipertensi.

Tujuan penelitian ini adalah diketahuinya hubungan antara self management dengan kualitas hidup pasien hipertensi di Poliklinik Rumah Sakit Santo Antonio. Penelitian ini dilakukan pada tanggal 27 – 31 Januari 2024. Teknik penelitian menggunakan desain cross sectional yaitu seluruh responden yang berkunjung langsung di poliklinik dalam satu waktu sebanyak 48 responden. Hubungan antara self management dengan kualitas hidup dianalisa menggunakan uji statistic *Chi Square* dengan tingkat kemaknaan 96% ($\alpha=0,05$).

Hasil penelitian diketahui bahwa responden dengan self management kategori cukup sebesar 58,3% berbanding lurus dengan kualitas hidup yang kategori cukup sebesar 50%. Hal ini menunjukkan bahwa ada hubungan self management dengan kualitas hidup pasien hipertensi di poliklinik Rumah Sakit Santo Antonio Baturaja Tahun 2023. Hasil uji *Chi-Square* didapatkan bahwa nilai p value 0,001 ($<0,05$).

Disarankan bagi pihak rumah sakit agar lebih memberikan informasi dan arahan pasien dengan diganosa hipertensi untuk memberikan pengetahuan dan pemahaman dalam self management agar kualitas hidup pasien menjadi lebih baik. Self management agar selalu diperhatikan dan ditingkatkan karena pasien akan merasa lebih tenang dan baik sehingga kualitas hidup yang dirasakan juga terasa baik.

Kata Kunci : Self Management, Kualitas Hidup, Hipertensi
Daftar Pustaka : 58 (2016 – 2024)

ABSTRACT
HIGH SCHOOL OF HEALTH SCIENCES (STIK)
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**THE RELATIONSHIP BETWEEN SELF MANAGEMENT AND THE
QUALITY OF LIFE OF HYPERTENSION PATIENTS AT THE SANTO
ANTONIO BATURAJA HOSPITAL POLYCLINIC IN 2023**
(xiv + 61 Pages + List of Tables 8 + List of Draft 3 + Appendix 6)

Hypertension sufferers need to be aware of the importance of carrying out treatment independently in order to achieve success in treatment. The result of treatment can be seen in the quality of life of hypertension sufferers.

The aim of this research is to determine the relationship between self-management and the quality of life of hypertensive patients at the Santo Antonio Hospital Polyclinic. This research was conducted on 27 – 31 January 2024. The research technique used a cross sectional design, namely all respondents who visited the polyclinic directly at one time were 48 respondents. The relationship between self-management and quality of life was analyzed using statistical tests Chi Square with a significance level of 96% ($\alpha=0.05$).

The research results, it is known that respondents with self management in the sufficient category were 58.3%, which is directly proportional to the quality of life in the adequate category at 50%. This shows that there is a relationship between self-management and the quality of life of hypertensive patients in the Santo Antonio Baturaja Hospital polyclinic in 2023. Test results Chi-Square It was found that the p value was 0.001 (<0.05).

It is recommended for hospitals to provide more information and guidance to patients with diagnosed hypertension to provide knowledge and understanding in self-management so that the patient's quality of life becomes better. Self-management must always be paid attention to and improved because the patient will feel calmer and better so that the perceived quality of life will also feel good.

Keywords: Self Management, Quality of Life, Hypertension
Bibliography: 58 (2016 – 2024)