

ABSTRAK

Latar belakang : Kemampuan perawatan diri penderita hipertensi tergolong rendah. Regulasi diri berbasis keyakinan meningkatkan kemampuan melakukan perawatan diri penderita hipertensi. **Objektif** : Penelitian bertujuan mengembangkan model regulasi diri berbasis keyakinan terhadap kemampuan melakukan perawatan diri penderita hipertensi. **Metode** : Penelitian dilakukan dua tahap. Desain penelitian tahap pertama menggunakan survei eksplanasi, tahap kedua menggunakan quasy eksperimental. Sampel tahap pertama 225 responden diambil dengan teknik multistage random sampling, tahap kedua 68 responden. Penelitian dilakukan di wilayah Kabupaten Malang. Analisis data dilakukan menggunakan *Structural Equation Modeling – Partial Least Square (SEM-PLS)* pada tahap satu serta uji Mann Whitney pada tahap dua. **Hasil dan Kebaruan** : Hasil tahap pertama terdapat pengaruh faktor penderita dan dukungan sosial terhadap respon emosional ($t=2,323$; $t=4,045$), faktor pelayanan kesehatan terhadap interpresentasi ($t=8,444$), interpresentasi terhadap keyakinan ($t=2,382$), keyakinan terhadap respon emosional ($t=1,960$), keyakinan dan respon emosional terhadap *self efficacy* ($t=3,040$; $t=6,695$), *self efficacy* terhadap koping ($t=20,520$), koping terhadap kemampuan merawat diri ($t=3,182$) dan kemampuan merawat diri terhadap status hipertensi ($t=2,608$). Tahap kedua, penerapan model regulasi diri berbasis keyakinan mampu meningkatkan kemampuan pengaturan diet ($p=0,000$), kepatuhan pengobatan ($p=0,041$), kontrol ke pelayanan kesehatan ($p=0,000$), tekanan darah sistolik ($p=0,000$). Temuan ilmiah baru penelitian adalah keyakinan meningkatkan regulasi diri penderita hipertensi. Peningkatan regulasi diri dapat meningkatkan kemampuan merawat diri. Keyakinan mendorong terbentuknya *self efficacy* yang mempunyai peranan sangat besar dalam pembentukan regulasi diri. Keyakinan juga berpengaruh terhadap respon emosional penderita. Respon emosional ini meningkatkan *self efficacy* yang mempengaruhi koping dalam proses regulasi diri. **Kesimpulan** : Regulasi diri penderita hipertensi dibentuk oleh keyakinan yang akan meningkatkan kemampuan merawat diri. Keyakinan ini dipengaruhi oleh interpresentasi penderita dan akan mempengaruhi *self efficacy* serta respon emosional. Peningkatan *self efficacy* meningkatkan koping yang akan mempengaruhi kemampuan merawat diri pada penderita hipertensi.

Kata kunci : regulasi diri, keyakinan, perawatan diri, hipertensi

ABSTRACT

Background: Self-care ability of patient with hypertension is low. Self regulation based on belief improve self-care ability of the patient with hypertension. **Objective:** The aims of this study was to develop self regulation model based on belief towards self-care ability of patient with hypertension. **Methods:** The research was conducted in two steps. The first research designed by using explanatory survey and the second by using quasy experimental. The sampling of the first step was done by using multistage random sampling with the total of 225 respondents, the second was 68 respondents. The research was conducted in Malang Regency. The data was analyzed by using Structural Equation Modeling – Partial Least Square (SEM – PLS) in the first step while in the second step by Mann Whitney test. **Results and Novelty:** The study results there were an impact on patient factors and social support on emotional respond ($t=2,323$; $t=4,045$), healthcare service factors to interpretation ($t=8,444$), interpretation to belief ($t=2,382$), belief to emotional respond ($t=1,960$), belief and emotional respond to self-efficacy ($t=3,040$; $t=6,695$), self-efficacy to coping ($t=20,520$), coping to self-care ($t=3,182$), self-care to hypertension status ($t=2,608$). In the second step, the implementation of self regulated belief could improve dietary regulation ($p=0,000$), treatment medication ($p=0,041$), healthcare services control ($p=0,000$), and systolic blood pressure ($p=0,000$). The novelty of this study is belief increases self regulation in hypertension patient. Improved self-regulation increases self-care ability. Belief affects self efficacy which has a very large role in the formation of self-regulation. In addition, beliefs also affect the emotional response. This emotional response increases self efficacy which will affect coping in the process of self regulation. **Conclusion:** Self regulation of hypertension patient is formed through belief that will increases self-care ability. This belief is influenced by interpresentation and will affects self efficacy and emotional responses. Increasing self efficacy will increases coping which will affect self-care ability in hypertension patient.

Keywords: self-regulation, belief, self-care, hypertension.