

ABSTRAK

**PENGARUH *COGNITIVE BEHAVIORAL THERAPY (CBT)* TERHADAP
SELF EFFICACY DAN *SELF CARE BEHAVIOR*
PADA PASIEN HIPERTENSI****Alfeus Manuntung**

Penderita hipertensi cenderung mengabaikan atau kurang menyadari karakter penyakit hipertensi. Ketidapatuhan terhadap perilaku perawatan diri juga dapat berdampak buruk terhadap kesehatan yang dialami penderita hipertensi. Salah satu upaya untuk meningkatkan *self efficacy* dan *self care behavior* pada pasien hipertensi adalah melalui *Cognitive Behavioral Therapy (CBT)*.

Tujuan penelitian ini adalah untuk menganalisis pengaruh *Cognitive Behavioral Therapy (CBT)* terhadap *self efficacy* dan *self care behavior* pada pasien hipertensi di Kota Palangka Raya dengan desain penelitian *quasi experiment: nonrandomized pretest posttest control group design*. Satu kelompok terdiri dari 12 orang diberikan CBT sebanyak empat kali pertemuan. Satu kelompok yang terdiri dari 12 orang sebagai kontrol. Sampel dipilih dengan cara *consecutive sampling*. Pengumpulan data dilakukan dengan mengukur tingkat *self efficacy* dan *self care behavior* menggunakan kuesioner sebelum dan sesudah intervensi. Uji statistik yang digunakan adalah *paired t test* dan *t test independent*.

Hasil penelitian menunjukkan ada pengaruh yang signifikan dalam peningkatan *self efficacy* pasien hipertensi sebelum dan sesudah pemberian CBT dengan nilai $p(0,000) < 0,05$, ada pengaruh yang signifikan dalam peningkatan *self care behavior* pasien hipertensi sebelum dan sesudah pemberian CBT dengan nilai $p(0,000) < 0,05$, dan ada hubungan yang signifikan antara *self efficacy* dan *self care behavior*.

Kesimpulan dari penelitian ini adalah *Cognitive Behavioral Therapy (CBT)* berpengaruh terhadap *self efficacy* dan *self care behavior* pada pasien hipertensi, dan terdapat hubungan antara *self efficacy* dan *self care behavior* pasien hipertensi. Penelitian lanjutan perlu dilakukan untuk mengembangkan intervensi keperawatan dengan pendekatan perilaku agar dapat meningkatkan *self efficacy* dan *self care behavior* sehingga dapat menurunkan komplikasi hipertensi dan meningkatkan kualitas hidup pasien hipertensi.

Kata kunci: *Cognitive Behavioral Therapy (CBT)*, *self efficacy*, *self care behavior*, hipertensi

ABSTRACT**EFFECT OF COGNITIVE BEHAVIORAL THERAPY (CBT)
ON SELF EFFICACY AND SELF CARE BEHAVIOR
IN PATIENTS WITH HYPERTENSION****Alfeus Manuntung**

Patients with hypertension tend to ignore or be unaware of the character of hypertensive disease. Poor adherence to self-care behaviors can also have a negative impact on the health of patients experienced hypertension. One of the efforts to increase self efficacy and self care behavior in patients with hypertension through Cognitive Behavioral Therapy (CBT).

The objective of this study was to analyze the effect of Cognitive Behavioral Therapy (CBT) on self efficacy and self care behavior in patients with hypertension in Palangka Raya City with quasi experiment research design: nonrandomized pretest-posttest control group design. One group consisting of 12 respondents were given four sessions of CBT. One group consisting of 12 respondents as controls. Samples were selected by consecutive sampling. Data collection is done by measuring the level of self efficacy and self care behavior using questionnaires before and after the intervention. The statistical test used the paired t test and independent t test.

The results showed that there is significant effect in increasing self efficacy in hypertensive patients before and after intervention of CBT with a p-value $(0.000) < 0.05$, there is significant effect in improving self care behavior of hypertensive patients before and after intervention of CBT with a p-value $(0.000) < 0.05$, and there is significant relationship between self efficacy and self care behavior.

The conclusion of this research are Cognitive Behavioral Therapy (CBT) effect on self efficacy and self care behavior in patients with hypertension, and there is a relationship between self efficacy and self care behavior of hypertensive patients. However, further research is needed to be done to develop nursing interventions with a behavioral approach in order to increase self efficacy and self care behavior so as to reduce the complications of hypertension and improve the quality of life in patients with hypertension.

Keywords : Cognitive Behavioral Therapy (CBT), self efficacy, self care behavior, hypertension