

ABSTRACT

MODEL OF SELF CARE BEHAVIOR IMPROVEMENT IN ELDERLY
HYPERTENSION WITH HEALTH PROMOTION MODEL APPROACH AND
RELIGIOSITY IN SURABAYA

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Introduction: Hypertension in the elderly became a chronic disease and required a self care program. Self care behavior for elderly hypertension was an effective strategy for controlling blood pressure. The purpose of this study validated the model hypothesis that affects self care behavior in elderly with hypertension. **Methods:** This study used a cross-sectional design. The samples obtained were 252 elderly with hypertension at the Public Health Center in Surabaya through cluster random sampling. The data were taken by personal factors (age, sex, BMI, stress level, disease perception, education, socioeconomic, and religiosity), self efficacy, family support, and self care behavior. Instruments in this study included a stress level questionnaire, The Brief Illness Perception Questionnaire to measure perception (IPQ-R Brief), System of Belief Inventory (SBI) -15R to measure religiosity, self efficacy to manage hypertension to measure self efficacy, family support questionnaire, and Hypertension Self Care Activity Level Effects (H-Scale) to measure self care behavior. Structural equation models used to validate model hypotheses. **Results and Analysis:** Significantly personal factors (stress level, perception and religiosity) (T statistic = 4,157), self efficacy (T statistic = 4,899) family support (T statistic = 2,679) influence self care behavior. Personal factors also affect Self efficacy (T statistics = 3.229) and family support (T statistics = 3.394). **Discussions and Conclusions:** The better the level of stress, perception and religiosity of the elderly with hypertension the better self care. Self efficacy and family support which included emotional support, appreciation support, information support, and instrumental support had a significant influence on the elderly in applying self care. The next researcher needs to test the effectiveness of the recommended modul to improve self care behavior.

Keywords: elderly hypertension, self efficacy, family support, personal factor, self care behavior

ABSTRAK

MODEL PENINGKATAN *SELF CARE BEHAVIOR* PADA LANSIA
HIPERTENSI DENGAN PENDEKATAN *HEALTH PROMOTION MODEL*
DAN RELIGIUSITAS DI SURABAYA

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Latar belakang : Hipertensi pada lansia menjadi sebuah penyakit kronis dan membutuhkan program perawatan diri. Perilaku perawatan lansia hipertensi adalah strategi yang efektif untuk mengontrol tekanan darah. Tujuan dari penelitian ini adalah validasi hipotesis model yang mempengaruhi *self care behavior* pada lansia dengan hipertensi. Metode : Penelitian ini menggunakan desain *cross-sectional*. Sampel yang didapat sebanyak 252 lansia dengan hipertensi di Puskesmas wilayah Surabaya melalui *cluster random sampling*. Data yang diambil adalah faktor personal (usia, jenis kelamin, IMT, tingkat stres, persepsi penyakit, pendidikan, sosioekonomi, dan religiusitas), *self efficacy*, dukungan keluarga, dan *self care behavior*. Instrumen dalam penelitian ini meliputi Kuisisioner tingkat stres, *The Brief Illness Perception Questionnaire (IPQ-R Brief)* untuk mengukur persepsi, *System of Belief Inventory (SBI)-15R* untuk mengukur religiusitas, *self efficacy to manage hypertension* untuk mengukur *self efficacy*, kuisisioner dukungan keluarga, dan *Hypertension Self Care Activity Level Effects (H-Scale)* untuk mengukur *self care behavior*. *Structural equation model* digunakan memvalidasi hipotesis model. Hasil dan Analisis: Secara signifikan faktor personal (tingkat stres, persepsi dan religiusitas) (T statistik= 4,157), *self efficacy* (T statistik=4,899) dukungan keluarga (T statistik= 2,679) mempengaruhi *self care behavior*. Faktor personal juga mempengaruhi *Self efficacy* (T statistik=3,229) dan dukungan keluarga (T statistik=3,394). Pembahasan dan Kesimpulan: Semakin baik tingkat stres, persepsi dan religiusitas lansia dengan hipertensi menyebabkan perawatan dirinya semakin baik. *Self efficacy* dan dukungan keluarga yang meliputi dukungan emosional, penghargaan, informasi, serta instrumental mempunyai pengaruh signifikan untuk lansia dalam menerapkan perawatan diri. Peneliti selanjutnya perlu menguji efektivitas modul yang direkomendasikan untuk meningkatkan *self care behavior*.

Kata kunci : lansia hipertensi, *self efficacy*, dukungan keluarga, faktor personal, *self care behavior*