

# Hubungan antara self management dengan tingkat kejadian hipertensi pada aggregate dewasa di Kota Sukabumi = Relationship between self management with level hypertension incidence of adults Aggregate in Sukabumi / Herlina Lidiyawati

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## Abstrak

Hipertensi merupakan penyebab penyakit kardiovaskular terbanyak. Kejadian hipertensi di Kota Sukabumi mencapai 750 kasus pada 2013. Penyebab secara umum antara lain usia, jenis kelamin, pendidikan, dan pekerjaan, kurangnya motivasi penderita hipertensi untuk datang ke pelayanan kesehatan. Angka kejadian hipertensi tertinggi di Kota Sukabumi terjadi di Puskesmas Sukakarya.

Tujuan penelitian adalah untuk mengetahui hubungan antara self-management dengan tingkat kejadian hipertensi pada agregate dewasa di Kota Sukabumi. Metode penelitian kuantitatif dengan desain deskriptif korelasi dilakukan dengan pendekatan cross sectional. Pengambilan sampel menggunakan proporsional random sampling dengan jumlah sampel 102. Analisa data menggunakan uji gamma. Hasil penelitian menunjukkan ada hubungan yang signifikan antara self-management dengan tingkat kejadian hipertensi.

Penelitian ini merekomendasikan agar deteksi dini hipertensi dan sosialisasi self-management pada hipertensi dilakukan melalui Posbindu PTM. Perawat di komunitas juga dapat meningkatkan kemampuan self-management pada hipertensi melalui proses kelompok di masyarakat.

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Hypertension is the most causes of cardiovascular disease. The incidence of hypertension in the city of Sukabumi reached 750 cases in 2013. The causes generally include age, sex, education, and employment, lack of motivation from hypertensive patients to come to the health service. The highest incidence of hypertension in Sukabumi occurred in Sukakarya Health Center.

This research purposes to determine the relationship between self-management and the hypertension incidence level among adults in Sukabumi. A descriptive correlation design applied with cross sectional method. A proportional random sampling applied. There were 102 respondents joined. Data was analyzed by gamma test.

The results showed a significant relationship between self-management and the hypertension incidence level. This study recommends that early detection of hypertension and socialization of self-management for hypertension is done through Posbindu PTM. The community health nurses can also improve self-management of hypertension through the support or self-help groups in society.