

Pengaruh manajemen diri terhadap kepatuhan merawat diri dan status kesehatan lansia dengan hipertensi di Kota Pekanbaru = The Influence of self management on adherence to self-Care and on health status among older people with hypertension in Pekanbaru City

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Abstrak

Lansia dengan hipertensi belum mematuhi perawatan kesehatan, yang meningkatkan risiko komplikasi hipertensi. Kepatuhan pada perawatan diri merupakan tujuan dari asuhan keperawatan pada lansia dengan hipertensi agar mengoptimalkan derajat kesehatan fungsional. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh manajemen diri terhadap kepatuhan merawat diri dan status kesehatan lansia hipertensi di Kota Pekanbaru. Desain penelitian ini adalah quasi-experimental with a pre-post test with a control group dengan empat sesi intervensi. Pengambilan sampel dengan teknik consecutive sampling, dengan jumlah responden sebanyak 134 orang. Instrumen yang digunakan adalah kepatuhan dalam kuesioner kepatuhan merawat diri dan Short Form 12 Health Survey (SF12) untuk lansia. Intervensi manajemen diri diberikan melalui kunjungan rumah kepada lansia hipertensi dengan pendampingan keluarga yang terdiri dari pemberian penjelasan hipertensi, cara perawatan dirumah, pemanfaatan pelayanan kesehatan untuk pengobatan dan monitoring tekanan darah, identifikasi faktor risiko yang dimiliki lansia; manajemen aktivitas fisik harian, manajemen nutrisi, relaksasi, dan pengurangan rokok dan alkohol. Hasil penelitian menunjukkan bahwa karakteristik lansia dengan hipertensi sebagian besar responden berusia 60-74 tahun (84,3%), berjenis kelamin perempuan (67,9%), etnis Minang (48,5%), SD (44%), tidak bekerja (81,3. %), memiliki riwayat keluarga dengan hipertensi (50%), bukan perokok (52,2%), dan tidak pernah minum alkohol (95,5%). Terdapat pengaruh positif manajemen diri terhadap kepatuhan merawat diri (p value $< 0,05$) dan status kesehatan (p value $< 0,05$). Hasil uji mancovia menunjukkan bahwa faktor yang paling berpengaruh terhadap kepatuhan merawat diri dan status kesehatan setelah dikontrol oleh variabel confounding adalah manajemen diri (p value $< 0,05$). Rekomendasi pemberian intervensi keperawatan dalam bentuk konseling manajemen diri pada lansia dengan hipertensi di komunitas dan terintegrasi dalam program Perawatan Kesehatan Masyarakat (Perkesmas) di Indonesia.

.....Older people with hypertension frequently do not adhere to health care advice, which increases their risk for complications. Adherence to self-care is the goal of nursing care for older people with hypertension to give them optimal functional health status. The purpose of this paper is to determine the effect of self-management on adherence to self-care and management of health status among older people living with hypertension in Pekanbaru City. This study design was quasi-experimental with a pre-post test with a control group for four sessions. Samples were taken by the consecutive sampling technique, and a total number of 134 older people were participants. The instruments used were an adherence to self-care questionnaire and the Short Form 12 Health Survey (SF12) for older people. The self-management intervention was provided through four home visits to older people living with hypertension with a care giver which consists of giving explanations of hypertension, home care methods, utilization of health services for medication and monitoring of blood pressure, identification of risk factors owned by the elderly; daily physical activity management, nutrition management, relaxation, and smoking and alcohol reduction.

The results showed that most of the respondents with hypertension were 60-74 years of age (84.3%), were female (67.9%), of Minang ethnicity (48.5%), had completed primary school (44%), were unemployed (81.3 %), had a family history of hypertension (50%), were non-smokers (52.2%), and had never drunk alcohol (95.5%). The effects of self-management were positive on adherence to caring for themselves (p-value < 0,05) and health status (p-value < 0,05). The results of the Mancova test showed that the most influencing factor on self-care compliance and health status after being controlled by confounding variables was self-management (p value <0.05). This intervention recommends that nursing interventions on self-management counseling for older people with hypertension in the community and should be integrated into the Community Health Nurses' (Perkesmas) program in Indonesia.