

# HUBUNGAN DUKUNGAN KELUARGA DENGAN *SELF CARE MANAGEMENT* LANSIA HIPERTENSI PADA MASA PANDEMI COVID-19 DI WILAYAH KERJA PUSKESMAS GIRIAN WERU KOTA BITUNG

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## ABSTRAK

**Latar Belakang :** Hipertensi merupakan suatu kumpulan dari gejala-gejala yang dapat menyebabkan penyakit stroke, penyakit jantung yang berhubungan dengan pembuluh darah sehingga berdampak pada tingginya angka morbiditas angka mortalitas bahkan *length of stay* di rumah sakit. Dengan demikian penyakit hipertensi dimana tekanan darah sistolik dan diastolik naik dan berada diposisi *abnormal* dan perlu penanganan agar terhindar dari komplikasi yang berbahaya dan berujung pada kematian.

**Tujuan:** untuk mengetahui hubungan dukungan keluarga dan *self care management* lansia hipertensi pada masa pandemic covid-19

**Metode:** Penelitian analitik kuantitatif, dengan metode penelitian menggunakan alat Kuesioner dengan desain cross sectional. Dengan jumlah sampel 60 responden. Lokasi penelitian Wilayah Kerja Puskesmas Girian Weru Kecamatan Girian Kota Bitung. Waktu penelitian 12-17 Agustus 2021. Pengumpulan data menggunakan kuesioner. Analisa bivariat menggunakan uji Spearman Rho.

**Hasil:** Berdasarkan hasil analisis data di dapati nilai signifikan *p-value* 0.015 (*p-value*  $\leq 0,05$ ). Yang artinya ada hubungan yang signifikan terhadap dukungan keluarga dengan *self care management* hipertensi, dengan nilai Korelasi Spearman's Rho (rank) 0,313.

**Kesimpulan:** Hasil analisis dari penelitian ini menunjukkan ada hubungan antara dukungan keluarga dengan *self care management* lansia hipertensi di Wilayah Kerja Puskesmas Girian Weru Dua Kecamatan Girian Kota Bitung.

**Kata kunci:** Hipertensi, Lansia, Dukungan Keluarga dan *Self Care Management*

**Kepustakaan:** 2 buku dan 30 jurnal (2016-2021).

# Family Support Relations with Self Care Management for Elderly Hypertension during The Covid-19 Pandemic In The Working Area of The Girian Weru Health Center Bitung City

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## ABSTRACT

**Background:** Hypertension is a collection of symptoms that can cause stroke, heart disease related to blood vessels so that it has an impact on high morbidity rates, mortality rates and even length of stay in hospital. Thus, hypertension is a disease where systolic and diastolic blood pressure rises and is in an abnormal position and needs treatment to avoid dangerous complications that can lead to death.

**Objective:** to determine the relationship between family support and self-care management of elderly people with hypertension during the Covid-19 pandemic

**Method:** Quantitative analytical research, with research methods using a questionnaire with a cross sectional design. With a sample size of 60 respondents. Research location: Girian Weru Community Health Center Working Area, Girian District, Bitung City. Research time 12-17 August 2021. Data collection using a questionnaire. Bivariate analysis used the Spearman Rho test.

**Results:** Based on the results of data analysis, a significant p-value of 0.015 (p-value  $\leq 0.05$ ) was found. Which means there is a significant relationship between family support and self-care management of hypertension, with a Spearman's Rho (rank) correlation value of 0.313.

**Conclusion:** The results of the analysis from this study show that there is a relationship between family support and self-care management of hypertensive elderly in the Girian Weru Dua Community Health Center Working Area, Girian District, Bitung City.

**Keywords:** Hypertension, Elderly, Family Support and Self Care Management

**Literature:** 2 books and 30 journals (2016-2021).

