

ABSTRAK

HUBUNGAN *SELF EFFICACY* DENGAN PERILAKU *EXERCISE* PADA PENDERITA HIPERTENSI

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Latar Belakang : Hipertensi di Indonesia masih cukup tinggi sehingga dibutuhkan adanya penatalaksanaan untuk mengontrol tekanan darah. Perilaku *exercise* merupakan penatalaksanaan untuk penderita hipertensi dengan memodifikasi gaya hidup. *Self efficacy* diperlukan untuk keberhasilan perawat pada penyakit kronis seperti hipertensi.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan karakteristik responden (usia, jenis kelamin, pendidikan, pekerjaan, jenis olahraga, Tekanan Darah), mengetahui hubungan antara *self efficacy* terhadap perilaku *exercise* pada penderita hipertensi

Metodologi : Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional design*. Pengambilan sampel dilakukan menggunakan *consecutive sampling* dengan besar sampel 73 responden. Analisa data dilakukan secara univariat dan bivariat dengan uji *somer's d*, *spearman's rho*.

Hasil : Penelitian menunjukkan sebagian besar responden mempunyai *self efficacy* yang cukup 74.0% dan Perilaku *exercise* responden kurang 60.3 % .Hasil uji terhadap perilaku *exercise* didapatkan usia $p= 0,013$, jenis kelamin $p= 0,292$, tingkat pendidikan $p=0,403$, pekerjaan $p=0,179$, jenis olahraga $p=0,360$, pendapatan= $0,509$ dan tekanan darah= $0,091$. *Self efficacy* menunjukkan tingkat signifikansi $p=0,000$

Kesimpulan : Ada hubungan yang signifikan antara karakteristik usia responden dengan perilaku *exercise*. Tidak ada hubungan yang signifikan antara jenis kelamin, tingkat pendidikan, pekerjaan, jenis olahraga, pendapatan dan tekanan darah dengan perilaku *exercise*. Terdapat hubungan yang signifikan antara *self efficacy* terhadap perilaku *exercise* pada penderita hipertensi

Kata Kunci : Hipertensi, Perilaku *Exercise*, *Self-efficacy*

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ABSTRACT

THE RELATION OF SELF-EFFICACY AND EXERCISE BEHAVIOR IN HYPERTENSION PATIENTS

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Background: Hypertension case in Indonesia is still quite high, so management is needed to control blood pressure. Exercise behavior is management for people with hypertension by modifying lifestyle. Self-efficacy is needed for successful treatment of chronic diseases such as hypertension.

Research Purpose: This study aims to determine the relation of respondent characteristics (age, gender, education, occupation, type of exercise, blood pressure), to determine the relation between self-efficacy towards exercise behavior in hypertension patients.

Method: This research is a quantitative study with a cross sectional design approach. Sampling was done using consecutive sampling with 73 respondents. Data analysis uses univariate and bivariate with somer's d, spearman's rho

Result: Research shows that most respondents have adequate self-efficacy of 74.0% and the respondents' exercise behavior are less than 60.3%. The test results on exercise behavior show that age $p = 0.013$, gender $p = 0.292$, education level $p = 0,403$, occupation $p = 0,179$, type of exercise $p = 0.360$, income = 0,509 and blood pressure = 0.091. Self-efficacy shows the level of significance $p = 0,000$

Conclusion: There is a significant relation between the characteristics of respondents in age and exercise behavior. There is no significant relation between gender, level of education, occupation, type of exercise, income, and blood pressure with exercise behavior. There is a significant relation between self-efficacy towards exercise behavior in hypertension patients.

Key words: *Exercise Behavior, Hypertention, Self-Efficacy*

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