

Abstrak

THE RELATIONSHIP OF HEALTH PERCEPTIONS AND FAMILY SOCIAL SYSTEM WITH SELF-CARE BEHAVIOR OF HYPERTENSION PATIENTS IN BANTERAN VILLAGE, SUMBANG DISTRICT

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Background: The incidence of hypertension continues to grow and causes morbidity and mortality rates to tend to increase every year, so better management of hypertension cases is needed. Self-care is important for people with hypertension and is one way to control hypertension that can reduce risk factors for hypertension. Perceptions of health and family are important factors in patients in dealing with an illness. The purpose of this study was to determine the relationship between health perceptions and family social systems with self-care behavior of hypertensive patients.

Methods: This study is a quantitative study with a cross sectional study design. Sampling using a random sampling system totaling 90 respondents with hypertension in Banteran Village, Sumbang District. The instruments used were Health Perception Questionnaire (HPQ), Family Adaptability and Cohesion Evaluation Scale (FACES) IV, and Hypertension Self-Care Profile (HBP-SCP): Behavior Scale. Data analysis used spearman's test, one way anova test and independent t-test.

Results: The results showed a significant relationship between health perception (p value=0,001) and family social system (p value=0,015) with self-care behavior

Conclusion: Health perception and family social system positively influence the self-care behavior of hypertensive patients in Banteran Village, Sumbang District.

Keywords: Family Social System, Health Perception, Hypertension, Self-Care Behavior of Hypertension Patients.

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Abstrak

HUBUNGAN PERSEPSI KESEHATAN DAN SISTEM SOSIAL KELUARGA DENGAN SELF-CARE BEHAVIOR PENDERITA HIPERTENSI DI DESA BANTERAN KECAMATAN SUMBANG

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Latar Belakang: Insiden hipertensi terus bertambah dan menyebabkan angka kesakitan dan kematian cenderung meningkat setiap tahun, sehingga perlu penanggulangan kasus hipertensi yang lebih baik. Perawatan diri penting bagi penderita hipertensi dan merupakan salah satu cara dalam kontrol hipertensi yang dapat mengurangi faktor resiko hipertensi. Persepsi kesehatan dan keluarga merupakan faktor penting pada penderita dalam menghadapi suatu penyakit. Tujuan penelitian ini adalah mengetahui hubungan antara persepsi kesehatan dan sisitem sosial keluarga dengan perawatan diri (*self-care behavior*) penderita hipertensi.

Metodologi: Penelitian ini merupakan penelitian kuantitatif dengan design *cross sectional study*. Pengambilan sampel menggunakan sistem random sampling yang berjumlah 90 responden penderita hipertensi. Instrumen yang digunakan adalah *Health Perception Questionnaire* (HPQ), *Family Adaptability and Cohesion Evaluation Scale* (FACES) IV, dan *Hypertension Self-Care Profile* (HBP-SCP):*Behavior Scale*. Analisis data menggunakan uji spearmen dan independent t-test.

Hasil: Hasil penelitian didapatkan hubungan yang signifikan antara persepsi kesehatan (p value=0,001) dan sistem sosial keluarga (p value=0,015) dengan self-care behavior.

Kesimpulan: Persepsi kesehatan dan sistem sosial keluarga berpengaruh secara positif terhadap self-care behavior penderita hipertensi di Desa Banteran Kecamatan Sumbang.

Kata Kunci: Hipertensi, Persepsi Kesehatan, Self-Care Behavior Penderita Hipertensi, Sistem Sosial Keluarga.

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