



## INTISARI

**Latar Belakang :** Hipertensi merupakan penyakit tidak menular (PTM) yang menjadi salah satu penyebab kematian terbesar di dunia. Hipertensi yang tidak terkontrol dapat menyebabkan komplikasi seperti gagal ginjal, stroke, dan jantung. Penderita hipertensi perlu memiliki *self efficacy*, yakni keyakinan diri dalam melakukan terapi hipertensi. *Self efficacy* dalam manajemen hipertensi di perdesaan juga cenderung kurang daripada di perkotaan. Di perdesaan dan di perkotaan memiliki karakteristik yang berbeda. *Self efficacy* dalam melakukan manajemen hipertensi di perdesaan dan perkotaan perlu diteliti karena untuk meningkatkan keberhasilan mengontrol tekanan darah.

**Tujuan Penelitian :** Untuk mengidentifikasi perbedaan *self efficacy* pada penderita hipertensi dalam pengelolaan terapi farmakologi dan non farmakologi di perdesaan dan perkotaan provinsi Yogyakarta

**Metode :** Penelitian deskriptif kuantitatif dengan rancangan *cross sectional*. Penelitian dilakukan pada penderita hipertensi di Puskesmas Nanggulan dan Puskesmas Tegalrejo. Pengambilan sampel menggunakan teknik *consecutive sampling*. Jumlah responden di Perdesaan 93 orang dan di Perkotaan 93 orang. Pengumpulan data dilakukan dengan kuesioner *High Blood Pressure Self Care Profile* (HBP-SCP). Data dianalisis dengan menggunakan uji *independent t-test*

**Hasil :** Rerata *self efficacy* penderita hipertensi di perdesaan yaitu 57,5%. Rerata *self efficacy* penderita hipertensi di perkotaan 61,9%. Terdapat perbedaan yang bermakna dengan nilai  $P=0,001$

**Kesimpulan :** Terdapat perbedaan signifikan *self efficacy* responden di perdesaan dan di perkotaan

**Kata Kunci:** hipertensi, perdesaan, perkotaan, *self efficacy*

## ABSTRACT

**Background :** Hypertension is a non communicable disease that causes of death in the world. Uncontrolled hypertension cause complications such as kidney failure, stroke, and heart disease. Hypertension need self efficacy to manage their hypertension therapy. Self efficacy in managing hypertension in rural areas are lower than in urban areas. In rural and urban have different characteristics. The self efficacy in managing hypertension in urban and rural areas need to be studied because it can improve to control blood pressure.

**Objective :** To identify differences self efficacy hypertension in management pharmacological and non pharmacological therapy in rural and urban ares Yogyakarta province.

**Method :** The research used quantitative descriptive with cross sectional design. The research conducted on hypertension patient in Nanggulan Public Health Center and Tegalrejo Public Health Center. The Sampling used consecutive sampling technique. Respondents in rural areas was 93 people and urban areas was 93 people. Data collection used High Blood Pressure Self Care Profile (HBP-SCP) questionnaire. Data analyzed using Independent t test.

**Result :** The average self efficacy hypertension in rural areas was 57,5%. The average self efficacy hypertension in urban areas was 61,9%. There were significant difference with a value  $p=0,001$ .

**Conclusion :** There were significant differences between self efficacy hypertension in urban and rural areas.

**Keywords :** hypertension, rural, self efficacy, urban,