

INTISARI

Latar Belakang: Hipertensi merupakan salah satu masalah kesehatan global dengan prevalensi tinggi di seluruh dunia. Salah satu upaya pengendalian tekanan darah pada penderita hipertensi dapat dilakukan dengan melakukan manajemen diri hipertensi. Literasi kesehatan merupakan salah satu faktor yang perlu diperhatikan agar manajemen diri berjalan dengan baik. Namun, belum banyak data dan publikasi penelitian terkait pengaruh literasi kesehatan terhadap manajemen diri hipertensi di wilayah kerja Puskesmas Mlati 2.

Tujuan Penelitian: penelitian ini bertujuan untuk mengetahui hubungan antara literasi kesehatan dengan manajemen diri pada penderita hipertensi di wilayah kerja Puskesmas Mlati 2, Sleman, Yogyakarta.

Metode: Penelitian kuantitatif dengan desain *cross sectional* yang menggunakan instrumen *The European Health Literacy Survey Questionnaire* (HLS-EU-Q16) dan *Hypertension Self-management Behavior Questionnaire* (HSMBQ). Pengambilan data penelitian dilaksanakan pada bulan Desember 2024 – Januari 2025. Sampel penelitian berjumlah 121 responden. Teknik *proportionate stratified random sampling* digunakan untuk menentukan jumlah responden di setiap desa, kemudian menggunakan teknik *convenience sampling* untuk memilih responden di masing-masing desa. Uji *Spearman Rank Correlation* digunakan untuk mengetahui hubungan antara literasi kesehatan dengan manajemen diri pada penderita.

Hasil: Sebanyak 74,4% responden penelitian memiliki tingkat manajemen diri yang baik dan sebanyak 76,9% responden penelitian memiliki literasi kesehatan yang memadai. Hasil analisis uji *Spearman Rank Correlation* mendapatkan nilai $p = 0,000$ dan $r = 0,870$.

Kesimpulan: Terdapat hubungan yang bermakna antara variabel literasi kesehatan dengan manajemen diri penderita hipertensi di wilayah kerja Puskesmas Mlati 2.

Kata Kunci: Hipertensi, literasi kesehatan, manajemen diri

ABSTRACT

Background: Hypertension is a global health problem with a high prevalence worldwide. One of the efforts to control blood pressure in people with hypertension can be done by performing hypertension self-management. Health literacy is one of the factors that need to be considered so that self-management runs well. However, there is not much data and research publications related to the effect of health literacy on hypertension self-management in the working area of Puskesmas Mlati 2.

Research Objective: This study aims to determine the relationship between health literacy and self-management in hypertensive patients in the working area of Puskesmas Mlati 2, Sleman, Yogyakarta.

Method: Quantitative research with a cross-sectional design using the instrument The European Health Literacy Survey Questionnaire (HLS-EU-Q16) and Hypertension Self-management Behavior Questionnaire (HSMBQ). Research data collection was carried out from December 2024 to January 2025. The research sample amounted to 121 respondents. The proportionate stratified random sampling technique was used to determine the number of respondents in each village. Then, the convenience sampling technique was used to select respondents from each village. The Spearman Rank Correlation test was used to determine the relationship between health literacy and self-management in patients.

Result: A total of 74.4% of study respondents had a good level of self-management, and 76.9% had adequate health literacy. The results of the Spearman Rank Correlation test analysis obtained a p-value = 0.000 and $r = 0.870$.

Conclusion: There is a significant relationship between health literacy variables and self-management of hypertensive patients in Puskesmas Mlati 2's working area.

Keywords: Hypertension, health literacy, self-managemen