

INTISARI

Latar Belakang: Populasi lansia di Indonesia terus meningkat, khususnya di Yogyakarta. Penuaan meningkatkan risiko terjadinya hipertensi, yang dapat berdampak serius jika tidak terkontrol. Manajemen diri merupakan aspek penting dalam pengelolaan hipertensi, namun implementasinya di masyarakat masih rendah. Program Prolanis merupakan salah satu upaya pengendalian hipertensi, namun observasi menunjukkan partisipasi aktif pasien hipertensi dalam manajemen diri belum optimal. Sehingga, perlu adanya kajian mengenai gambaran manajemen diri pasien hipertensi agar hasilnya bisa digunakan untuk mengembangkan program Prolanis dan intervensi hipertensi lainnya.

Tujuan Penelitian: Mengetahui gambaran manajemen diri pasien hipertensi di Prolanis Klinik Korpagama UGM.

Metode: Penelitian deskriptif kuantitatif dengan desain *cross sectional* pada bulan Juni 2025 melibatkan 58 partisipan. Instrumen berupa kuesioner demografi dan *Hypertension Self-Management Behavior Questionnaire* (HSMBQ). Analisis data menggunakan statistik univariat dan bivariat (*unpaired t-test*, *Mann-Whitney U-test*, dan *Kruskall-Wallis test*).

Hasil: Pasien hipertensi yang memiliki tingkat manajemen diri hipertensi tinggi (51; 87,9%), sedang (7; 12,1%), rendah (0; 0%). Hasil uji beda pada skor manajemen diri hipertensi berdasarkan karakteristik demografi menunjukkan tidak ada perbedaan yang signifikan secara statistik.

Kesimpulan: Sebagian besar pasien hipertensi di Prolanis Klinik Korpagama UGM memiliki tingkat manajemen diri yang tinggi serta tidak terdapat perbedaan yang signifikan pada skor manajemen diri hipertensi berdasarkan karakteristik demografi.

Kata Kunci: Hipertensi, Lansia, Manajemen Diri, Pralansia, Program Pengelolaan Penyakit Kronis (Prolanis).

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ABSTRACT

Background: The elderly population in Indonesia, particularly in Yogyakarta, continues to increase. Aging raises the risk of hypertension, which can have serious consequences if not well controlled. Self-management is a crucial aspect in managing hypertension, but its implementation remains low. The Prolanis program aims to hypertension management, current observations suggest that patient participation in self-management practices is not optimal. Therefore, study about self-management among hypertensive patients is necessary and the insights gained would be valuable for enhancing the Prolanis program and develop other hypertension interventions.

Research Objective: To describe self-management in hypertensive patients enrolled in the *Prolanis* program at Korpagama Clinic UGM.

Methods: This descriptive quantitative study employed a cross-sectional design in June 2025, involving 58 participants. Instruments included a demographic questionnaire and the *Hypertension Self-Management Behavior Questionnaire*. Data analysis used univariate and bivariate statistics (unpaired t-test, Mann-Whitney U-test, and Kruskal-Wallis test).

Results: Respondents hypertension self-management levels is high (51;87,9%), moderate (7, 12,1%), and low (0; 0%). No statistically significant differences were found between self-management scores and demographic characteristics.

Conclusion: Most hypertensive patients in Prolanis Klinik Korpagama UGM demonstrated high levels of self-management, and there were no statistically significant differences in hypertension self-management scores based on demographic characteristics.

Keywords: Hypertension, Elderly, Self-Management, Pre-elderly, Chronic Disease Management Program (*Prolanis*).

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