

ABSTRACT

THE CORRELATION BETWEEN SELF-EFFICACY AND COPING STRATEGIES IN HYPERTENSION PATIENTS

Program Studi Ilmu Keperawatan, Universitas Muhammadiyah Yogyakarta,
Jl. Brawijaya, Kasihan, Bantul, Daerah Istimewa Yogyakarta (55183),
Indonesia

Email : : aulia.rahma.fkik19@mail.umy.ac.id¹ lailinurhidayati@umy.ac.id²

Background: Hypertension is one of the most common causes of cardiovascular disease in society. Hypertensive patients are required to carry out routine blood pressure control routinely and take medication regularly for a long time. Therefore, managing hypertension requires self-efficacy in patients and good coping strategies.

Objective: To determine the relationship between self-efficacy and coping strategies in hypertensive patients at Tegalrejo Health Center, Yogyakarta.

Method: Quantitative non-experimental method with cross sectional studies approach. The number of samples is 77 with Non Probability sampling technique with the Slovin formula. The data was tested with a parametric test, namely the Chi Square Correlation Test.

Results: There is a relationship between self-efficacy and coping strategies in hypertensive patients. The result of the Chi Square correlation test is the p value = 0.003, meaning that there is a significant relationship between self-efficacy and coping strategies. The results of this study can be used as a basis for providing more motivation and support for hypertensive patients as well as education about the importance of coping strategies.

Conclusion: There is a relationship between self-efficacy and coping strategies in hypertensive patients.

Keywords: Self-efficacy, Coping Strategies, Hypertension

INTISARI

***SELF EFFICACY* DAN STRATEGI KOPING PADA PASIEN HIPERTENSI: STUDI KORELASIONAL**

Program Studi Ilmu Keperawatan, Universitas Muhammadiyah Yogyakarta,
Jl. Brawijaya, Kasihan, Bantul, Daerah Istimewa Yogyakarta (55183),
Indonesia

Email : : aulia.rahma.fkik19@mail.umy.ac.id¹ lailinurhidayati@umy.ac.id²

Latar belakang: Hipertensi merupakan salah satu penyebab penyakit kardiovaskular yang paling banyak disandang masyarakat. Pasien hipertensi perlu melakukan kontrol tekanan darah dan meminum obat secara rutin dalam waktu yang lama, sehingga pasien hipertensi dapat mengalami stress. Oleh sebab itu, dalam melakukan penatalaksanaan hipertensi memerlukan *self-efficacy* pada pasien dan strategi koping yang baik.

Tujuan: Untuk mengetahui hubungan *self-efficacy* dengan strategi koping pada pasien hipertensi.

Metode: Desain penelitian ini adalah Kuantitatif *non eksperimental* dengan pendekatan *cross sectional*. Responden penelitian sebanyak 77 pasien hipertensi yang diambil dengan teknik *Non Probability sampling*. Analisis data dengan menggunakan uji korelasi *Chi Square*.

Hasil: Terdapat hubungan antara *self-efficacy* terhadap strategi koping pada pasien hipertensi. Hasil uji korelasi *Chi Square* nilai *p value* = 0,003 artinya terdapat hubungan yang bermakna antara *self-efficacy* dengan strategi koping.

Kesimpulan: *Self-efficacy* berhubungan dengan strategi koping pada pasien hipertensi. Perawat diharapkan dapat menyediakan lebih banyak motivasi dan dukungan untuk pasien hipertensi serta edukasi tentang pentingnya strategi koping.

Kata kunci: *Self-efficacy, Strategi Koping, Hipertensi*