

ABSTRAK

PENGARUH PROGRAM EDUKASI *SELF-MANAGEMENT* BERBASIS KELUARGA PADA PASIEN HIPERTENSI TERHADAP PERILAKU *SELF-MANAGEMENT*, TEKANAN DARAH DAN *CAREGIVER BURDEN*

Self-management behavior merupakan hal yang penting bagi pasien dalam meningkatkan kepatuhan serta pengaturan perilaku sehingga mempunyai tekanan darah terkontrol yang dapat mencegah terjadinya komplikasi akibat hipertensi. Perlibatan keluarga dalam pengelolaan hipertensi selain memiliki peran penting bagi pasien juga dapat berpotensi menimbulkan beban tambahan bagi keluarga. Beberapa penelitian telah mengembangkan program untuk meningkatkan *self-management*, namun tidak satupun yang mengukur pengaruh program tersebut terhadap beban keluarga. Penelitian ini bertujuan untuk melihat pengaruh edukasi program *self-management* pada pasien hipertensi terhadap perilaku *self-management* dan tekanan darah pasien serta *caregiver burden*.

Penelitian *quasi-exsperiment* dengan rancangan *pre-post-test with control group* ini melibatkan 66 sampel responden dan 66 *caregiver-nya*, terbagi menjadi 2 kelompok yaitu 32 responden kelompok kontrol serta *caregiver-nya* (perawatan standar) dan 34 responden kelompok intervensi serta *caregiver-nya* (program edukasi *self-management* berbasis keluarga) dengan pengambilan sampel menggunakan teknik *purposive sampling*. Pengukuran perilaku *self-management* menggunakan kuesioner *Hypertension Self-Management Behavior* (HSMBQ), tekanan darah pasien diukur menggunakan tensimeter digital yang telah tervalidasi serta pengukuran *caregiver burden* menggunakan kuesioner *Zarit Burden Interview* (ZBI). Adapun program edukasi dilakukan selama 4 minggu. Sebelum di analisis variable perilaku *self-management*, tekanan darah serta *caregiver burden* dilakukan uji normalitas menggunakan koefisien variasi (< 30%). Analisis data menggunakan *paired sample t-test* dan *independent sample test*.

Dari hasil analisis data didapatkan *self-management* dan tekanan darah antara kelompok kontrol dan kelompok intervensi menunjukkan secara statistik terdapat perbedaan yang signifikan ($p < 0,000$) serta *caregiver burden* antara kelompok kontrol dan kelompok intervensi tidak berbeda signifikan ($p = 0,96$).

Program edukasi *self-management* berbasis keluarga berpengaruh terhadap peningkatan perilaku *self-management* pasien dan penurunan tekanan darah (sistolik dan diastolik) tetapi tidak berpengaruh terhadap *caregiver burden*. Program edukasi *self-management* berbasis keluarga dapat digunakan sebagai salah satu opsi terapi tambahan dalam pengelolaan pasien hipertensi.

Kata Kunci: Edukasi, Keluarga, *Self-Management Behavior*

ABSTRACT

The Impact of Family Based Self-Management Education Program on Self-Management Behavior, Blood Pressure and Caregiver Burden of Hypertension Patients

Self-management behavior is important for patients in increasing compliance and managing behavior so that they have controlled blood pressure which can prevent complications due to hypertension. In addition to having an important role for the patient, family involvement in the management of hypertension can also potentially create an additional burden on the family. Several studies have developed programs to improve self-management, but none have measured the effect of these programs on family burden. This study aims to see the effect of educational self-management programs in hypertensive patients on self-management behavior and patient blood pressure and caregiver burden.

This quasi-experiment study with a pre-post-test with control group design involved 66 sample respondents and 66 caregivers, divided into 2 groups, namely 32 respondents in the control group and their caregivers (standard care) and 34 respondents in the intervention group and caregivers his (family-based self-management education program) by taking samples using a purposive sampling technique. Measurement of self-management behavior used the Hypertension Self Management Behavior (HSMBQ) questionnaire, the patient's blood pressure was measured using a validated digital tensimeter and measurement of caregiver burden used the Zarit Burden Interview (ZBI) questionnaire. The educational program was carried out for 4 weeks. Prior to analysis of self-management behavior variables, blood pressure and caregiver burden, a normality test was carried out using the coefficient of variation (<30%). After knowing that the data were normally distributed, the data were analyzed using a paired sample t-test to find out the differences between each group and the independent sample test to find out the differences between groups. From the results of data analysis, it was found that self-management and blood pressure between the control group and the intervention group showed that there was a statistically significant difference ($p < 0.000$) and that the burden on caregivers between the intervention group and the control group was not significantly different ($p = 0.96$).

Family-based self-management educational programs have an effect on increasing patient self-management behavior and reducing blood pressure (systolic and diastolic) but has no effect on caregiver burden. Family-based self-management educational programs can be used as an additional therapy option in the management of hypertensive patients.

Keywords: *Education, Family, Self-management behavior*