

**HUBUNGAN SELF-EFFICACY DENGAN SELF-CARE MANAGEMENT PADA  
PENDERITA HIPERTENSI DI DUSUN ASSEMBANIS, DESA BUDDAGAN,  
KECAMATAN PADEMAWU, KABUPATEN PAMEKASAN**

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<b>Article Info</b>	<b>ABSTRAK</b>
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b> Self-efficacy Self-care management Penderita Hipertensi</p>	<p>Manajemen perawatan diri (self-care management) berhubungan erat dengan perilaku kesehatan pasien, di mana kegagalan dalam melakukan perawatan diri secara adekuat dapat menyebabkan komplikasi yang berat dan berpotensi fatal, khususnya pada penderita hipertensi. Self-efficacy berperan penting dalam membentuk keyakinan dan ketekunan individu dalam mengelola penyakit kronis. Penelitian ini bertujuan untuk menganalisis hubungan antara self-efficacy dengan self-care management pada penderita hipertensi di Dusun Asemmanis, Desa Buddagan, Kecamatan Pademawu, Kabupaten Pamekasan. Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan survei cross-sectional. Populasi penelitian berjumlah 52 penderita hipertensi, dengan sampel sebanyak 34 responden yang dipilih menggunakan teknik simple random sampling. Pengumpulan data dilakukan menggunakan kuesioner self-efficacy dan self-care management yang telah tervalidasi. Analisis data meliputi analisis univariat dan bivariat, dengan uji korelasi Spearman Rank untuk menilai hubungan antarvariabel. Hasil penelitian menunjukkan bahwa setengah dari responden memiliki tingkat self-efficacy tinggi dan setengah lainnya memiliki tingkat self-efficacy rendah, masing-masing sebanyak 17 responden (50%). Hasil analisis statistik menunjukkan adanya hubungan positif yang signifikan antara self-efficacy dan self-care management pada penderita hipertensi (<math>r = 0,610</math>; <math>p &lt; 0,001</math>). Temuan ini mengindikasikan bahwa tingkat self-efficacy yang lebih tinggi berhubungan dengan perilaku self-care management yang lebih baik. Sebagai simpulan, self-efficacy memiliki hubungan yang signifikan dengan self-care management pada penderita hipertensi. Individu dengan tingkat self-efficacy yang tinggi cenderung memandang dirinya mampu memanfaatkan kemampuan yang dimiliki secara efektif untuk mencapai hasil kesehatan yang optimal, sedangkan individu dengan self-efficacy rendah lebih cenderung meragukan kemampuannya dalam mengelola kondisi kesehatannya. Penguatan self-efficacy melalui intervensi edukatif dan perilaku yang terarah berpotensi meningkatkan self-care management serta menurunkan risiko komplikasi akibat hipertensi</p>
	<p><b>ABSTRACT</b></p> <p><i>Self-care management is closely associated with patients' health behaviors, where failure to perform adequate self-care may lead to severe and potentially fatal complications, particularly among individuals with hypertension. Self-efficacy plays a critical role in shaping individuals' confidence and persistence in managing chronic conditions. This study aimed to examine the relationship between self-efficacy and self-care management among patients</i></p>

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*with hypertension in Dusun Asemmanis, Buddagan Village, Pademawu Subdistrict, Pamekasan Regency.*

*This study employed a quantitative correlational design using a cross-sectional survey approach. The study population consisted of 52 patients with hypertension, of whom 34 participants were selected through simple random sampling. Data were collected using validated self-efficacy and self-care management questionnaires. Data analysis included univariate and bivariate analyses, with the Spearman rank correlation test applied to assess the relationship between variables.*

*The results revealed that half of the respondents demonstrated high self-efficacy, while the remaining half exhibited low self-efficacy (17 respondents each; 50%). Statistical analysis showed a significant positive correlation between self-efficacy and self-care management among patients with hypertension ( $r = 0.610$ ;  $p < 0.001$ ). These findings indicate that higher levels of self-efficacy are associated with better self-care management behaviors.*

*In conclusion, self-efficacy is significantly related to self-care management among patients with hypertension. Individuals with higher self-efficacy tend to perceive themselves as capable of effectively utilizing their abilities to achieve optimal health outcomes, whereas those with lower self-efficacy are more likely to doubt their capacity to manage their condition. Strengthening self-efficacy through targeted educational and behavioral interventions may enhance self-care management and reduce the risk of hypertension-related complications.*

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