THE RELATIONSHIP BETWEEN MOTIVATION AND SELF-CARE BEHAVIOR AMONG ELDERLY WITH HYPERTENSION AT SIMPANG TIGA PUBLIC HEALTH CENTER, PEKANBARU CITY

Alif Ivan Maulana[1*], Ezalina Ezalina[2], Ifon Driposwana Putra[2], Donny Hendra[2], Dendy kharisna [2]
[1] Program Study Profesi Ners, Faculty of Nursing, Institut Kesehatan Payung Negeri, Pekanbaru,
Indonesia.
[2] Program Study bachelor of nursing, Faculty of Nursing, Institut Kesehatan Payung Negeri,Pekanbaru,Indonesia.
***Corresponding author:** alifivanmaulana1@email.com

Abstract
The risk of hypertension increases with age, especially when a person reaches the age of 60 and above. WHO estimates that approximately 1.28 billion adults aged 30–79 years worldwide suffer from hypertension. One approach to managing blood pressure is through the modification of self-care behavior. Blood pressure control motivation refers to the drive possessed by hypertensive patients to engage in efforts to control their blood pressure. This study aims to determine the relationship between motivation and self-care behavior among elderly hypertensive patients at Puskesmas Simpang Tiga, Pekanbaru City. The research design used is a correlational design with a cross-sectional approach. The population of this study consists of 258 elderly hypertensive patients. The sample of this study includes 70 elderly respondents, selected using accidental sampling. The research instrument utilized a closed-ended questionnaire. The analysis employed includes univariate analysis of respondent characteristics and bivariate analysis using the Pearson correlation test. The results of the study show a Pearson correlation value of 0.932 with a p-value of 0.000 (<0.05), indicating that H0 is rejected. It is concluded that there is a relationship between motivation and self-care behavior among elderly hypertensive patients at Puskesmas Simpang Tiga, Pekanbaru City.
Keyword: Self-care behavior 1;Motivation 2; Hypertension 3; Elderly 4

INTRODUCTION

Hypertension is a condition of persistent high blood pressure (Whelton et al., 2018)and can be classified based on systolic/diastolic pressure or etiology (Williams et al., 2018).This condition is often associated with unhealthy lifestyles such as smoking, lack of exercise, poor diet, and stress (F. R. W. Suling, 2018). Although often asymptomatic, hypertension can cause headaches, dizziness, or chest pain, with serious complications requiring comprehensive treatment (Whelton et al., 2018).

The WHO reports that 1.28 billion adults have hypertension, the majority in low- and middle-income countries. As many as 46% are unaware of their condition, and only 21% are able to control their blood pressure. Hypertension is a leading cause of premature death, leading the WHO to target a 33% reduction in prevalence by 2030 (WHO, 2023). In Indonesia, the prevalence of hypertension among the elderly reaches 55.2%-69.5% (Riskesdas, 2018).

The risk of hypertension increases in older adults, especially those with a family history, obesity, or an unhealthy lifestyle (Hamzah et al., 2021). Self-care is key, including a healthy diet, exercise, and avoiding alcohol, smoking, and stress, Elderly individuals with good self-care habits tend to have stable blood pressure (Alsaqer & Bebis, 2022). However, more than

40% of older adults have poor self-care, with an average blood pressure of 150/90 mmHg (Darmawati & Dulgani, 2019).

Motivation plays a crucial role in elderly adherence to medication and self-care (Handayani & Nora, 2018). Initial interviews at the Simpang Tiga Community Health Center in Pekanbaru showed that 60% of elderly individuals with high motivation had stable blood pressure, while 40% with low motivation had unstable blood pressure.

This study aims to analyze the relationship between motivation and self-care behavior in elderly individuals with hypertension. This study is expected to provide insights for developing intervention strategies and improving the quality of life of older adults.

RESEARCH METHODS

This type of research is quantitative research. The research design used is a correlational design with a cross-sectional approach, where the author will observe the relationship between independent variables and dependent variables simultaneously at one time. The population of this study amounted to 258 people and the sample used in this study was 70 elderly respondents. The sampling technique used was accidental sampling. The research instrument was the high blood pressure self-care profile (HBP-SCP) questionnaire developed by Han et al. (2014) which consists of a motivation scale to measure motivation and a behavior scale to measure self-care behavior, the measurement results of this study are Low = Score <40, Medium = Score 40-59, High = score ≥ 60 for both questionnaires. The analysis used was univariate and bivariate analysis with Pearson correlation.

RESEARCH RESULTS

Table 1. Frequency Distribution of Characteristics of the Elderly at Simpang Tiga Community Health Center, Pekanbaru City (N=70)

No	Characteristic	Frequency (n)	Persentage (%)
1	Usia		
	45-59 (Pre elderly)	28	40%
	60-74 (elderly)	42	60%
	Total	70	100%
2	Gender		
	Man	20	28,6%
	Woman	50	71,4%
	Total	70	100%
3	Education		
	Not finished SD	4	5,7%
	SD	16	22,9%
	SMP	15	21,4%
	SMA	29	41,4%
	High School	6	8,6%
	Total	70	100%
4	Recidence		
	With family	65	92,9%
	Separated From Family	5	7,1%
	Total	70	100%
5	Penghasilan		
	Routine	59	84,3%
	Not Routine	11	15,7%
	Total	70	100%

Source: Primary data analysis, 2024

a. Age

The results of the study showed that the majority of respondents (60%) were aged 60–74 years (42 individuals). According to Stanhope & Lancaster, aging is not a disease but rather a phase of life characterized by a decline in the body's ability to adapt to environmental pressures. Elderly individuals face difficulties maintaining balance when faced with physiological stress (AA & Boy, 2020). Researchers assume a holistic approach encompassing physical, mental, and motivational aspects is essential to improving self-care behaviors to reduce the risk of hypertension complications.

b. Gender

The majority of respondents (71.4%) were women (50 individuals), while 20 were men (28.6%). The prevalence of hypertension is higher in women, especially after menopause, due to a decrease in the hormone estrogen, which plays a role in maintaining blood vessel quality. These results align with research conducted by Jannah et al. (2024). in their study entitled "The Relationship between Self-Efficacy and Self-Care Behavior in Hypertension Patients," which showed that 82% of hypertension sufferers were women. Researchers assume that with increasing age, especially for women, maintaining a healthy lifestyle becomes increasingly important to prevent cardiovascular disease.

c. Education

The majority of respondents (41.4%) (29 people) had a high school education. According to Efriani (2022), education level influences health decision-making; individuals with higher education better understand the importance of self-care. Putri (2024) study showed a significant relationship between education level and self-care activities in people with diabetes mellitus ($p < 0.05$). Researchers assume that higher education improves a person's ability to make appropriate health decisions.

d. Residence

Most respondents (92.9%) lived with their families, totaling 65 people. Research by Sari et al. (2020) showed that elderly people living with their families were more compliant with a hypertension diet due to social support. Researchers assume that elderly people living with their families tend to be more compliant with maintaining a healthy lifestyle and following a hypertension diet because they feel more comfortable, cared for, and supported.

e. Income

Most respondents (84.3%) had a regular monthly income (59 people). Income influences the ability to meet basic needs, including access to healthcare Asikin et al. (2021). Researchers assume that a stable income allows respondents to be more disciplined in their hypertension treatment.

Table 2 Frequency Distribution of Respondents Based on Motivation (N=70)

No	Variabel	Frekuensi (n)	Persenetase (%)
1	Motivasi Tinggi	19	27,1%
	Motivasi Sedang	51	72,9%
	Total	70	100%

Source: Primary data analysis, 2024

Based on table 2, it was found that more than half of the respondents had motivation in the moderate category, namely 51 (72.9%).

Table 3. Frequency Distribution of Respondents Based on Self-care Behavior (N=70)

No	Variabel	Frekuensi (n)	Persenetase (%)
1	*Self-care behavior* Tinggi	21	30%
	Self-care behavior Sedang	49	70%
	Total	70	100%

Source: Primary data analysis, 2024

Based on table 3, it was found that more than half of the respondents had self-care behavior in the moderate category, namely 49 (70%).

Tabel 4 Analisis Soal Berdasarkan Motivasi (N=70)

	HBP-SCP Motivation Scale	**Mean**	**SD**	**Response to questions**			
				Not important F(%)	**Less important F(%)**	**Important F(%)**	**Very important F(%)**
1.	Do you do physical activity regularly (e.g. walking for 30 minutes 4-5 times a week)?	3,68	0,391	-	1 (1,4)	8 (11,4)	61 (87,1)
2.	Read the nutrition table to check the information on the sodium section?	1,27	0,741	60 (85,7)	4 (5,7)	3 (4,3)	3 (4,3)
3.	Replace foods that have a high salt content (e.g. canned food, instant noodles) with foods that have a low salt content (e.g. homemade soup, vegetables)	2,84	0,735	1 (1,4)	22 (31,4)	34 (48,6)	13 (18,6)
4.	Limit the use of high-salt seasonings (e.g., soy sauce, flavorings)?	2,96	0,806	2 (2,9)	24 (34,3)	33 (47,1)	11 (15,7)
5.	Consuming less than 1 teaspoon of salt per day (6 grams)?	2,96	0,669	1 (1,4)	14 (20,0)	42 (60,0)	13 (18,6)
6.	Eat fewer foods high in saturated fats (e.g. red meat, butter) and trans fats (e.g. butter, lard)?	2,76	0,751	2 (2,9)	24 (34,3)	33 (47,1)	11 (15,7)
7.	Cooking by baking and boiling rather than frying?	2,71	0,837	4 (5,7)	25 (35,7)	28 (40,0)	13 (18,6)
8.	Read the nutrition table to check information about saturated fats (e.g. butter, red meat) and trans fats (e.g. lard, shortening)?	1,50	0,913	52 (74,3)	4 (5,7)	11 (15,7)	3 (4,3)
9.	Replace high-fat foods (e.g. fried chicken) with low-fat products (e.g. grilled chicken)?	2,90	0,705	2 (2,9)	15 (21,4)	41 (58,6)	12 (17,1)
10.	Limiting total calorie intake (less than 65 grams) per day?	2,97	0,834	2 (2,9)	19 (27,1)	28 (40,0)	21 (30,0)
11.	Eat 5 or more servings of fruits and vegetables every day?	2,90	0,725	1 (1,4)	19 (27,1)	36 (51,4)	14 (20,0)
12.	Limit drinking alcoholic beverages?	3,69	0,671	1 (1,4)	5 (7,1)	9 (12,9)	55 (78,6)
13.	Not smoking?	3,59	0,876	4 (5,7)	6 (8,6)	5 (7,1)	55 (78,6)
14.	Check your blood pressure at home?	2,31	1,186	23 (32,9)	20 (28,6)	9 (12,9)	18 (25,7)
15.	Are you taking your blood pressure medication?	3,50	0,794	2 (2,9)	7 (10,0)	15 (21,4)	46 (65,7)
16.	Buy blood pressure medication again if it runs out?	3,27	0,883	4 (5,7)	8 (11,4)	23 (32,9)	35 (50,0)
17.	Keep your weight stable?	2,91	0,847	4 (5,7)	16 (22,9)	32 (45,7)	18 (25,7)
18.	Monitor situations that cause high levels of stress (e.g., arguments, death in the family) that result in increased blood pressure?	2,69	0,860	6 (8,6)	22 (31,4)	30 (42,9)	12 (17,1)
19.	Do you do activities that can reduce stress (e.g. deep breathing, meditation)?	2,56	0,862	8 (11,4)	24 (34,3)	29 (41,4)	9 (12,9)
20.	Visit the doctor regularly if it recurs?	3,20	0,809	1 (1,4)	14 (20,0)	25 (35,7)	30 (42,9)

Source: Primary data analysis, 2024

Motivation is an internal drive that drives an individual to take action to achieve a specific goal. It involves needs, desires, and energy originating from within a person, which can be influenced by external factors. High motivation in elderly people with hypertension has a positive impact. Research conducted by Handayani & Nora (2018) entitled "The Relationship between Patient Motivation and Hypertension Diet Compliance at Andalas Community Health Center, Padang," showed that elderly people with high motivation were more compliant with hypertension diets, such as limiting salt and fatty foods. with high motivation tended to be more compliant with taking their blood pressure medication than those with low motivation. The results of this study align with research by Hanum et al. (2019), entitled "The Relationship Between Knowledge, Motivation, and Family Support with Medication Compliance in Hypertension Patients at Peukan Bada Community Health Center, Aceh Besar Regency," which found that hypertensive patients

The results showed that 51 respondents (72.9%) had moderate motivation, while 19 (27.1%) had high motivation. Based on these results, the researchers concluded that the motivation of elderly people with hypertension in the Simpang Tiga Community Health Center (Puskesmas) area of Pekanbaru City was moderate.

This was due to the high number of unimportant questions answered, including 85.7% for topic 2 (reading the nutrition table to check information on sodium) and 74.3% for topic 8 (reading the nutrition table to check information on saturated fat).

The researchers assumed that the low motivation of elderly people to read was due to several factors, including physical and health limitations, a low reading culture, and educational level. According to National & Pillars (2020), elderly people experience various declines, including cognitive function and visual impairment(Dr. Yessy Dessy Arna et al., 2024).

Table 5 Analysis of Self-care behavior questions (N=70

			Tanggapan terhadap pertanyaan			
HBP SCP Behavior Scale	Mean	SD	Tidak pernah F(%)	Terkadang F(%)	Selalu F(%)	Sering F(%)
1. Do you do physical activity regularly (e.g. walking for 30 minutes 4-5 times a week)?	3,81	0,460	-	2 (2,9)	9 (12,9)	59 (84,3)
2. Read the nutrition table to check the information on the sodium section?	1,36	0,852	57 (81,4)	6(8,6)	2 (2,9)	5 (7,1)
3. Replace foods that have a high salt content (e.g. canned food, instant noodles) with foods that have a low salt content (e.g. homemade soup, vegetables)	2,77	0,685	1 (1,4)	23 (32,9)	37 (52,9)	9 (12,9)
4. Limit the use of high-salt seasonings (e.g., soy sauce, flavorings)?	3,11	0,843	1 (1,4)	18 (25,7)	23 (32,9)	28 (40,0)
5. Consuming less than 1 teaspoon of salt per day (6 grams)?	3,00	0,702	-	17 (24,3)	36 (51,4)	17 (24,3)
6. Eat fewer foods high in saturated fats (e.g. red meat, butter) and trans fats (e.g. butter, lard)?	2,83	0,834	2 2,9	25 (35,7)	26 (37,1)	17 (24,3)

7. Cooking by baking and boiling rather than frying?	2,73	0,900	5 7,1	25 (35,7)	24 (34,3)	16 (22,9)
8. Read the nutrition table to check information about saturated fats (e.g. butter, red meat) and trans fats (e.g. lard, shortening)?	1,37	0,837	56 (80,0)	6 (8,6)	4 (5,7)	4 (5,7)
9. Replace high-fat foods (e.g. fried chicken) with low-fat products (e.g. grilled chicken)?	2,91	0,737	2 (2,9)	16 (22,9)	38 (54,3)	14 (20,0)
10. Limiting total calorie intake (less than 65 grams) per day?	2,93	0,873	3 (4,3)	20 (28,6)	26 (37,1)	21 (30,0)
11. Eat 5 or more servings of fruits and vegetables every day?	2,91	0,756	1 (1,4)	20 (28,6)	33 (47,1)	16 (22,9)
12. Limit drinking alcoholic beverages)?	3,79	0,679	2 (2,9)	4 (5,7)	1 (1,4)	63 (90,0)
13. Not smoking?	3,40	1,069	7 (10,0)	10 (14,3)	1 (1,4)	52 (74,3)
14. Check your blood pressure at home?	2,00	1,116	31 (44,3)	20 (28,6)	7 (10,0)	12 (17,1)
15. Forgot to taking your blood pressure medication?	3,56	0,792	50 (71,4)	11 (15,7)	7 (10,0)	2 (2,9)
16. Forgot to buy blood pressure medication again if it runs out?	3,19	0,982	35 (50,0)	19 (27,1)	10 (14,3)	6 (8,6)
17. Keep your weight stable?	3,03	0,834	3 (4,3)	14 (20,0)	31 (44,3)	22 (31,4)
18. Monitor situations that cause high levels of stress (e.g., arguments, death in the family) that result in increased blood pressure?	2,64	0,948	9 (12,9)	21 (30,0)	26 (37,1)	14 (20,0)
19. Do you do activities that can reduce stress (e.g. deep breathing, meditation)?	2,83	0,900	5 (7,1)	20 (28,6)	27 (38,6)	18 (25,7)
20. Visit the doctor regularly if it recurs?	3,20	0,878	1 (1,4)	18 (25,7)	17 (24,3)	34 (48,6)

Source: Primary data analysis, 2024

Self-care behavior aims to optimally improve health status, control and manage emerging signs and symptoms, prevent complications, and minimize disruptions that affect physical function, emotional well-being, and interpersonal relationships with others, which can impact the patient's life (Akhter, 2010).

The results of this study align with research conducted by Alsaqer & Bebis (2022) in Jordan. This study showed that older adults who monitor their blood pressure, regularly take medication, manage stress, and encourage daily physical activity tend to have more stable blood pressure.

The study found that 49 (70%) respondents had moderate self-care behavior, while 21 (30%) had high self-care behavior. Based on these results, the researchers concluded that the self-care behavior of older adults with hypertension in the Simpang Tiga Community Health Center in Pekanbaru City is classified as moderate.

This is because many questions were answered "never," including 44.3% for topic 14 (checking your blood pressure at home), and 22.9% for topic 16 (forgetting to refill your medication if it runs out). Researchers assume that motivation has a strong and significant relationship with self-care behavior in elderly people with hypertension. Increasing motivation for self-care can help improve self-care habits, thus preventing serious complications from hypertension and improving patients' overall quality of life

Table 6. Relationship between Motivation and Self-care Behavior in Elderly with Hypertension at Simpang Tiga Community Health Center, Pekanbaru City, December 2024 (N=70)

		Self-care behavior	Motivasi
Self-care behavior	Pearson Correlation	1	0,932
	Sig. (2-tailed)		0,000
	N	70	70
Motivation	Pearson Correlation	0,932	1
	Sig. (2-tailed)	0,000	
	N	70	70

Source: Primary data analysis, 2024

Bivariate Pearson correlation analysis was used to analyze the relationship between the independent variable, motivation, and the dependent variable, self-care behavior, in elderly people with hypertension. The Pearson correlation test yielded a Pearson correlation value of 0.932 with a p-value of 0.000 (<0.05), thus rejecting H0. This indicates a significant relationship between motivation and self-care behavior in elderly people with hypertension at the Simpang Tiga Community Health Center in Pekanbaru City.

According to C. I. S. Suling et al. (2023) elderly people with good motivation tend to take their medication regularly, thus maintaining stable blood pressure, reducing the risk of complications from hypertension, and improving their quality of life. This positive motivation is often influenced by internal factors, such as understanding the benefits of treatment, as well as external factors, such as family support and health education.

This is also supported by research conducted by Handayani & Nora (2018) entitled "The Relationship Between Patient Motivation and Diet Compliance with Hypertension in Andalas Padang Community Health Center," which showed a significant relationship between motivation and dietary compliance in hypertension patients at Andalas Padang Community Health Center, with a p-value of 0.002, indicating that higher motivation leads to higher dietary compliance.

Based on the above description, the researchers assume that motivation has a strong and significant relationship with self-care behavior in elderly patients with hypertension. Increasing motivation for self-care can help improve self-care habits, thereby preventing serious complications from hypertension and improving patients' overall quality of life.

DISCUSSION

According to C. I. S. Suling et al. (2023) well-motivated older adults tend to take their medication regularly, thus maintaining stable blood pressure, reducing the risk of complications from hypertension, and improving their quality of life. This strong motivation is often influenced by internal factors, such as understanding the benefits of treatment, as well as

external factors, such as family support and health education. This finding is also supported by research conducted by Handayani & Nora (2018) entitled "The Relationship Between Patient Motivation and Diet Compliance with Hypertension at Andalas Padang Community Health Center," which showed a significant relationship between motivation and dietary compliance in hypertensive patients at Andalas Padang Community Health Center, with a p-value of 0.002, indicating that higher motivation leads to higher dietary compliance.

Based on the above description, the researchers assume that motivation has a strong and significant relationship with self-care behavior in older adults with hypertension. Increasing motivation for self-care can help improve self-care habits, thereby preventing serious complications from hypertension and improving patients' overall quality of life.

CONCLUSION

After conducting a study on "The Relationship Between Motivation and Self-Care Behavior in Elderly with Hypertension at the Simpang Tiga Community Health Center in Pekanbaru City," the following conclusions can be drawn:

1. The results showed that more than half of the elderly with hypertension at the Simpang Tiga Community Health Center in Pekanbaru City had moderate motivation levels, namely 51 (72.9%).
2. The results showed that more than half of the elderly with hypertension at the Simpang Tiga Community Health Center in Pekanbaru City had moderate self-care behavior levels, namely 49 (70%).
3. The Pearson correlation test showed a very strong relationship between motivation and self-care behavior in elderly with hypertension. The Pearson correlation value was 0.932 with a p-value of 0.000 (<0.05), thus it can be concluded that H0 is rejected. This means there is a significant relationship between motivation and self-care behavior in elderly with hypertension at the Simpang Tiga Community Health Center in Pekanbaru City, with a positive relationship, where higher motivation leads to higher self-care behavior.

REFERENCES

1. AA, M. P., & Boy, E. (2020). Prevalensi Nyeri Pada Lansia. MAGNA MEDICA: Berkala Ilmiah Kedokteran Dan Kesehatan, 6(2), 138.
2. Akhter, N. (2010). Self-management among patient with hypertension in Bangladesh. https://api.semanticscholar.org/CorpusID:78644758
3. Alsaqer, K., & Bebis, H. (2022). Self-care of hypertension of older adults during COVID-19 lockdown period: a randomized controlled trial. Clinical Hypertension, 28(1). https://doi.org/10.1186/s40885-022-00204-7
4. Asikin, A., Badriah, D. L., Suparman, R., & Susianto, S. (2021). Faktor-Faktor Yang Berhubungan Dengan Kepatuhan Melakukan Pengobatan Secara Teratur Pada Penderita Hipertensi Usia Produktif Di Puskesmas Hantara Kabupaten Kuningan 2020. Journal of Public Health Innovation, 2(1), 61–75.
5. Darmawati, I., & Dulgani, D. (2019). Perawatan Diri Lansia Hipertensi Di Kelurahan Cirejag Karawang. Jurnal Keperawatan Komprehensif (Comprehensive Nursing Journal), 5(1), 1–9. https://doi.org/10.33755/jkk.v5i1.157
6. Dr. Yessy Dessy Arna, M. K. S. K., Jonathan Kelabora, S. S. T. M. K., Irza Nanda Ranti, D. C. N. M. S., Kes, D. V. R. F. M., Ns. Andrias Horhoruw, S. K. M. K., MPH, A. S. S. T., Pariati, S. S. T. M. K., Ns. Insanul Firdaus, S. K. M. S., Ns Yona Sahalessy, M. K. S. K. K., & Daniel Robert, S. S. T. M. K. (2024). Bunga Rampai Lansia Dan

Permasalahannya. Media Pustaka Indo. https://books.google.co.id/books?id=Aor2EAAAQBAJ
7. Efriani, L. (2022). Hubungan Karakteristik dengan Kepatuhan Minum Obat Antidiabetes Pasien Diabetes Melitus di Pelayanan Kesehatan Kota Cirebon. Borneo Journal of Pharmascientech, 6(2), 75–79.
8. Hamzah, B. D., Akbar, H., Rafsanjani, T. M., Sinaga, A. H., Hidayani, W. R., & Panma, Y. , & B. S. R. (2021). Epidemologi Penyakit Tidak Menular. https://www.researchgate.net/publication/371943715
9. Han, H. R., Lee, H., Commodore-Mensah, Y., & Kim, M. (2014). Development and validation of the hypertension self-care profile: A practical tool to measure hypertension self-care. Journal of Cardiovascular Nursing, 29(3). https://doi.org/10.1097/JCN.0b013e3182a3fd46
10. Handayani, R., & Nora, R. (2018). Hubungan Motivasi Pasien Dengan Kepatuhan Diet Hipertensi Dipuskesmas Andalas Padang. Jurnal Amanah Kesehatan, 1(1), 35–45. https://doi.org/10.55866/jak.v1i1.14
11. Hanum, S., Puetri, N., Marlinda, M., & Yasir, Y. (2019). Hubungan Antara Pengetahuan, Motivasi, Dan Dukungan Keluarga Dengan Kepatuhan Minum Obat Pada Penderita Hipertensi Di Puskesmas Peukan Bada Kabupaten Aceh Besar. Jurnal Kesehatan Terpadu (Integrated Health Journal), 10(1). https://doi.org/https://doi.org/10.32695/jkt.v10i1.28
12. Jannah, M., Purnomo, S., & Astuti, Z. (2024). Hubungan antara Self-Efficacy dengan Self-Care Behavior pada Pasien Hipertensi The Correlation of Self-Efficacy and Self-Care Behavior of Hypertension Patients. J Kesehat Poltekkes Kemenkes RI Pangkalpinang, 12(1), 83–91.
13. Putri, N. A. (2024). Hubungan Tingkat Pendidikan dengan Aktivitas Self Care Pada Penderita Diabetes Mellitus Tipe 2 di Puskesmas Karangmalang. Jurnal Ners, 8(1), 1076–1083.
14. Riskesdas. (2018). Laporan Riskesdas 2018 Nasional.
15. Sari, N., Agusthia, M., & Noer, R. M. (2020). Hubungan Dukungan Keluarga Dengan Kepatuhan Diet Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Pancur Kabupaten Lingga Tahun 2020. Jurnal Health Sains, 1(4), 217–223.
16. Suling, C. I. S., Gaghauna, E. E. M., & Santoso, B. R. (2023). Motivasi Pasien Hipertensi Berhubungan Dengan Kepatuhan Minum Obat. Jurnal Keperawatan, 15(3), 1289–1298.
17. Suling, F. R. W. (2018). Hipertensi (A. Simatupang, Ed.; 1st ed.). Fakultas Kedokteran Universitas Kristen Indonesia.
18. Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Collins, K. J., Himmelfarb, C. D., DePalma, S. M., Gidding, S., Jamerson, K. A., Jones, D. W., MacLaughlin, E. J., Muntner, P., Ovbiagele, B., Smith, S. C., Spencer, C. C., Stafford, R. S., Taler, S. J., Thomas, R. J., Williams, K. A., … Wright, J. T. (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Hypertension, 71(6), 1269–1324. https://doi.org/10.1161/HYP.0000000000000066
19. WHO. (2023). Hypertension. WHO. https://www.who.int/news-room/fact-sheets/detail/hypertension
20. Williams, B., Mancia, G., Spiering, W., Rosei, E. A., Azizi, M., Burnier, M., Clement, D. L., Coca, A., De Simone, G., Dominiczak, A., Kahan, T., Mahfoud, F., Redon, J., Ruilope,

L., Zanchetti, A., Kerins, M., Kjeldsen, S. E., Kreutz, R., Laurent, S., … Zamorano, J. L. (2018). 2018 ESC/ESH Guidelines for themanagement of arterial hypertension. In European Heart Journal (Vol. 39, Issue 33, pp. 3021–3104). Oxford University Press. https://doi.org/10.1093/eurheartj/ehy339