



PROCEEDING

The 6th Padjadjaran International Nursing Conference

“The Role of Nurses in advancing quality of care through application of conceptual models in areas of nursing practices and health”

23-24 May 2018

**EL ROYALE HOTEL BANDUNG
Jl. Merdeka No.2, Bandung
West Java - INDONESIA**



BOOK OF ABSTRACT

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ISBN: 978-602-50991-4-4

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Conceptual Models in Areas of Nursing Practices and Health*

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Organized by

FACULTY OF NURSING UNIVERSITAS PADJADJARAN



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FACTORS INFLUENCING SELF-MANAGEMENT LEVEL OF HYPERTENSION PATIENTS IN MARGALUYU VILLAGE WEST JAVA

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ABSTRACT

Background: Hypertension has a high prevalence worldwide. Finding ways to improve blood pressure control is a big challenge. West Java is one of four provinces in Indonesia with the highest prevalence of hypertension. To date, self-management of hypertensive patients is very low. Community nurses can contribute to improving self-management in the prevention and treatment of hypertensive patients. **Objective:** The purpose of this study was to identify factors related to self-management behavior and to analyze the most dominant factors related to self-management behavior of hypertensive patients in Margaluyu Village. **Method:** This study used cross-sectional design. The samples were recruited using clustered sampling with a total of 101 respondents was voluntary to fill in the questionnaire. The data were analysed using Chi Square and logistic regression test. **Results:** The results showed that overall self-management hypertension was at a moderate level. Only 12.87% of respondents have good self-management behaviours. The results showed that there were no significant relationship between age ($p=0.123$), gender ($p=0.500$), and educational level (0,142) with self-management of hypertension patients in Margaluyu Village. However, there was a significant correlation between income (0,042), knowledge level (0,000), self-efficacy (0,000), and family support (0,000) with self-management behaviours of hypertension patients. Women have a higher percentage of self-management behaviours (13.1%) compared with males (12.5%). **Conclusion and suggestion:** The self-management of hypertensive patients in the rural area was very low. This suggests that there is a need for community nurses to provide health education for patients to increase the practice of self-management in hypertensive patients living in rural areas.

Keywords: Hypertension, Self Management Behavior, Rural.