

## ABSTRACT

### **The Influence Of Hypertension Self Management Training To Blood Pressure Controlling Behavior In Hypertension Sufferers**

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**Introduction :** Hypertension is a health problem of concern in various countries. One intervention to control blood pressure is self-management training. This study aims to determine the effect of Hypertension Self Management Training on blood pressure control behavior in hypertension sufferers.

**Method :** This type of research is a quasi-experiment with a pre-post test with control group design. The sample was hypertension sufferers in the Banyuanyar Sampang Community Health Center working area who were divided into 2 groups, 16 people in the treatment group and 16 people in the control group. The independent variable is Hypertension Self Management Training and the dependent variable is blood pressure control behavior. Data collection used the Hypertension Self Management Behavior Questionnaire. Data analysis used the One Way Anova and Least Significant Difference test with  $\alpha=0.05$ .

**Results :** The results of this study show that the behavior of hypertension sufferers before being given the intervention (87.4%) was in the enough category and increased after being given the intervention with each (50%) being in the good and enough categories. The results of the One Way Anova test showed differences between groups with  $p=0.000$ . The results of the Least Significant Difference test were  $p=0.809$  in the pre-test and  $p=0.000$  in the post-test for the treatment and control groups.

**Discussion :** Hypertension Self Management Training can improve the behavior of hypertension sufferers to be better at controlling blood pressure.

Key words : Hypertension self management, behavior control, hypertension