

# **OVERVIEW OF SELF-MANAGEMENT OF HYPERTENSION PATIENTS IN THE ELDERLY IN SEJATI VILLAGE, WONOGIRI DISTRICT**

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## **ABSTRACT**

**Background:** *Elderly according to the World Health Organization (WHO) is stated as elderly people and consists of 4 criteria, namely the final stage of the journey process in human life from birth to reaching the age of more than 60 years. Management of hypertension in the elderly is carried out pharmacologically and non-pharmacologically, Self-management is the individual's ability to the level of behavior that can overcome lifestyle and physical changes according to chronic diseases. Objective:* To determine the description of Self-Management of Hypertension Patients in the Elderly in Sejati Village, Wonogiri Regency. **Method:** *This type of research is quantitative descriptive research, the sampling method uses Purposive sampling, with the research instrument using the Hypertension Self Management Behavior Questionnaire (HSMBQ) questionnaire which has been tested for validity and reliability, Results;* The results of this study are as many as 61 respondents who have good self-management as many as 8 respondents (13.1%), sufficient as many as 38 respondents (62.3%) less as many as 15 respondents (24.6%). **Conclusion;** *this study the majority of elderly people with hypertension in Sejati Village, Wonogiri Regency have sufficient self-management in managing their hypertension.*

**Keywords:** *Elderly, Hypertension, Self\_Management*