

DESCRIPTION OF KNOWLEDGE ABOUT SELF-CARE MANAGEMENT IN HIPERTENSIVE PATIENTS IN SRAGEN HEALTH CENTER

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ABSTRACT

Background: Hypertension is a disease that is the number one cause of death in the world every year. Uncontrolled hypertension can cause several complications. So it is very important for sufferers to increase knowledge about self-care management of hypertension to prevent and reduce the occurrence of complications. **Purpose:** Aims to describe the knowledge of self-care management in hypertensive patients at the Sragen Health Center. **Methods:** This study used a quantitative descriptive method with a total sample of 93 respondents and used an accidental sampling technique. **Results:** The results showed that the characteristics of respondents based on the age of majority >35 years were (83.9%), the sex of the majority was female (80.6%), the majority were high school education (40.9%), the majority were married by (84,9%), the majority were housewives (35.5%), the majority suffered from hypertension for <5 years (62.4%), the majority underwent treatment for <2 years (51.6%), degree the majority of hypertension is grade 1 hypertension (45,2%), and the level of knowledge Self-care management of hypertension in the majority category is sufficient (41.9%). **Conclusion:** The level of knowledge about self-care management in hypertensive patients at the Sragen Health Center is in the sufficient category.

Keywords: Knowledge, Self-care Management, Hypertension