

RELATIONSHIP BETWEEN HYPERTENSION KNOWLEDGE LEVEL AND SELF MANAGEMENT IN HYPERTENSIVE ELDERLY AT POSYANDU RW 10 MADYOPURO VILLAGE

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ABSTRACT

Hypertension is a chronic disease commonly experienced by the elderly and requires optimal self-management to prevent complications. Knowledge about hypertension plays a crucial role in improving self-management abilities. This study aims to determine the relationship between the level of knowledge about hypertension at Posyandu RW 10, Madyopuro Village. This research used a correlation design with a cross-sectional approach. The sample consisted of 28 elderly respondents selected through total sampling. Data collection instruments included a hypertension knowledge questionnaire using the Guttman Scale and a self-management questionnaire using the Likert Scale. Data were analyzed using the Spearman Rank test. The results showed that most respondents had good knowledge (67.9%), but only 46.4% demonstrated good self-management. The Spearman test indicated a significant relationship between knowledge and self-management ($p < 0.0001$) with a correlation coefficient of 0.687, suggesting a strong correlation. It can be concluded that the higher the level of knowledge about hypertension among the elderly, the better their ability to manage the condition independently.

Keywords: Hypertension, Elderly, Knowledge, Self-management.