

CHAPTER 1 INTRODUCTION

1. 1 Background

Hypertension is a complex health condition that can affect individuals of all ages, especially the elderly. Without proper treatment, hypertension can lead to serious complications such as heart disease, stroke, and kidney failure (Wulandari & Rahmawati, 2020). The management of hypertension depends heavily on the patient's ability to take care of themselves, known as self-management (Bardian & Pefbrianti, 2024). Proper self-management also requires proper knowledge. The more seniors know about hypertension, the better they will be able to control their condition and practice self-management (Efriani et al., 2023a).

According to the World Health Organization (WHO), the highest prevalence of hypertension is found in Southeast Asian countries, which rank first with a prevalence of 25% of the total population (WHO, 2019). Based on data from the 2018 *Riskesdas*, around 34.1% of Indonesians suffer from hypertension. Meanwhile, in East Java Province, the prevalence of hypertension among people aged ≤ 18 years reached 36.32%. In the city of Malang, it is estimated that there are around 230,070 people aged over 15 years who suffer from hypertension, with 112,634 men and 117,435 women (Dinkes Kota Malang, 2023).

Previous studies by Ardyanti (2021) show that there is a significant relationship between the level of knowledge and self-management skills in hypertensive patients. The majority of respondents were women aged 45-54 years, where those with a high level of knowledge about hypertension also demonstrated better self-management skills. This indicates that the better a person's knowledge about hypertension, the better their ability to care for themselves. Therefore, healthcare professionals are encouraged to continue providing information and support to patients to help them better understand and manage hypertension effectively.

Effectively preventing complications of hypertension requires good nursing intervention. This involves practicing good self-management. The goal is to reduce morbidity and mortality rates. Such care includes adherence to medication, regular blood pressure checks, dietary changes, increased physical activity, and weight loss (Rozani, 2020).

Based on the above background, the researcher was interested in examining the relationship between the level of knowledge about hypertension and self-management in elderly people with hypertension. It is hoped that in the future, health care institutions can provide more information about health, especially for the elderly, so that they can implement good self-management to prevent complications.

1. 2 Problem Statement

Based on the background described above, the following question was formulated: Is there a relationship between the level of knowledge about hypertension and self-management in the elderly with hypertension at the Posyandu RW 10 Madyopuro Village?

1. 3 Objectives

1.3.1. General Objective

To determine whether there is a relationship between the level of knowledge about hypertension and self-management in the elderly with hypertension at the Posyandu RW 10 Madyopuro Village.

1.3.2. Specific Objective

1. Identifying the level of knowledge about hypertension in the elderly people with hypertension at Posyandu RW 10 Madyopuro Village.
2. Knowing the self management abilities of elderly with hypertension at Posyandu RW 10 Madyopuro Village.
3. Analyzing the relationship between hypertension knowledge levels and self management in elderly with hypertension at the Posyandu RW 10 Madyopuro Village.

1.4 Benefit

1. For Elderly

To provide information and knowledge to the elderly about hypertension. The purpose of this activity is also to help the elderly become better at self management.

2. For Education

This Research can be used as a reference for similar studies in the future, as well as material for evaluating the development of research topics related to hypertension management in the elderly.

3. For Researchers

This research is expected to serve as a starting point for exploring the relationship between knowledge levels and self management in elderly with hypertension.