



Research Article

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SELF-CARE MANAGEMENT IN HYPERTENSION PATIENTS IN THE NEGLASARI COMMUNITY HEALTH CENTER AREA, TANGERANG CITY

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ABSTRACT

Hypertension is a chronic disease that can be controlled through self-care management to prevent complications. Several factors may influence self-care management, one of which is self-efficacy. Self-efficacy is essential for patients with hypertension, as it reflects their confidence in carrying out self-care behaviors to improve their health. Hypertension is a serious cardiovascular disorder associated with risk factors, target organ damage, physiological abnormalities, and cardiovascular system disorders. To determine the relationship between self-efficacy and self-care management among patients with hypertension in the working area of the Neglasari Community Health Center, Tangerang City. This study employed a cross-sectional design. The sampling technique used was purposive sampling. A total of 84 respondents were included in the study. The instruments used were a demographic data questionnaire, a self-efficacy questionnaire, and a self-care management questionnaire. The Chi-square test showed a p-value of 0.004, which was lower than the significance level ($\alpha = 0.05$). The results of this study indicate that there is a significant relationship between self-efficacy and self-care management among patients with hypertension.

ABSTRAK

Hipertensi merupakan penyakit kronis yang dapat dikendalikan dengan manajemen perawatan diri untuk mencegah terjadinya komplikasi. Terdapat beberapa faktor yang mempengaruhinya, salah satunya adalah efikasi diri. Hal tersebut dibutuhkan bagi penderita hipertensi untuk meningkatkan derajat kesehatannya melalui keyakinan dalam menjalankan manajemen perawatan diri. Hipertensi adalah gangguan kardiovaskular yang berbahaya mencakup faktor risiko hipertensi, kerusakan organ, kelainan fisiologis, dan kelainan sistem kardiovaskular. Mengetahui Hubungan Efikasi Diri Dengan Manajemen Perawatan Diri Pada Pasien Hipertensi Di Wilayah Puskesmas Neglasari Kota Tangerang. Metode yang digunakan dalam penelitian ini yaitu cross sectional. Cara pengambilan sampel pada penelitian ini dengan purposive sampling. Sampel yang digunakan dalam penelitian ini adalah 84 responden. Instrumen yang digunakan dalam penelitian ini adalah kuesioner data demografi, kuesioner efikasi diri dan kuesioner manajemen perawatan diri. Hasil uji Chi Square didapatkan hasil P value 0.004 lebih kecil dari nilai signifikan ($\alpha=0,05$). Hasil penelitian ini menunjukkan terdapat hubungan antara efikasi diri dengan manajemen perawatan diri pada pasien hipertensi.

Kata Kunci

Hipertensi

Efikasi diri

Manajemen perawatan diri

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INTRODUCTION

Hypertension is a health issue that continues to evolve and is often referred to as a "silent killer" due to its lack of noticeable signs and symptoms (Sinaga CY, 2022). The symptoms of hypertension vary from individual to individual, with some symptoms resembling those of other diseases, such as headaches,

palpitations, vision disturbances, neck pain, and vertigo. If left untreated, hypertension can lead to serious complications such as coronary artery disease, kidney failure, and stroke ([Trisnawan, 2019](#)).

The World Health Organization (WHO) reports that 22% of people worldwide suffer from hypertension, with 36% of cases in Southeast Asia, and 23.7% of the 1.7 million deaths in 2016 attributed to hypertension ([WHO, 2021](#)). According to the 2018 Riskesdas data, the prevalence of hypertension in Indonesia for individuals aged 18 years and older is 34.11% nationally, with a prevalence of 31.3% in men and 36.9% in women ([Kemenkes, 2018](#)). The statistics from Indonesia's Central Statistics Agency show that the prevalence of hypertension in Banten Province was 27.6% in 2007, dropped to 23% in 2013, and then increased to 29.5% in 2018 ([BPS, 2021](#)).

In 2020, the number of people suffering from hypertension in Banten Province was 1,839,842, slightly lower than 1,857,866 in 2019. Only 64.4% of people with hypertension received healthcare services. According to the Banten Provincial Health Office in 2020, the City of Tangerang had 124,700 hypertension cases, a significant number compared to other cities such as Serang (26,114 cases) and Cilegon (102,025 cases) ([Dinkes Provinsi Banten, 2021](#)). Neglasari Health Center, one of the health centers in Neglasari District, Tangerang City, reported 5,434 hypertension cases in 2021, followed by Puskesmas Baja with 5,043 cases, Puskesmas Cibodasari with 4,862 cases, and Puskesmas Batu Ceper with 4,017 cases ([Dinkes Kota Tangerang, 2021](#)).

Self-efficacy refers to an individual's belief in their ability to manage and accomplish specific tasks. If someone has low self-efficacy, they will struggle to complete tasks and may fail to adhere to self-care management ([Rusmaningsih E, 2021](#)). Hypertension patients particularly need self-confidence to enhance their health through self-care. Good self-efficacy helps them manage tasks effectively, reducing anxiety, failure, and enabling problem-solving ([Lilis Susanti, 2020](#)).

Hypertension is a disease that can be controlled with self-care management, which includes medication adherence, low-salt and low-fat diets, physical activity, blood pressure monitoring, smoking cessation, stress management, and weight monitoring ([Sinaga CY, 2022](#)). Hypertension requires long-term disease management by the patients themselves. Self-care management involves the ability to recognize, identify, and manage symptoms, treatments, physical and psychosocial impacts, and lifestyle changes related to chronic diseases. This can be achieved through five steps: self-integrity, self-regulation, interaction with healthcare services, blood pressure monitoring, and adherence to guidelines set by relevant healthcare providers ([Susanti S, 2022](#)).

Based on interviews with five hypertension patients in the Neglasari Health Center area, respondents were unaware that their confidence in adhering to medication, physical activity, routine control, diet, stress management, and smoking cessation significantly affects their health, particularly in self-care management. Individuals with high self-efficacy are more likely to manage their self-care according to expectations, while individuals with low self-efficacy will face challenges and may be unable to perform expected tasks. Based on these findings, the researcher believes that an individual's belief in their ability to manage self-care is influenced by self-efficacy. Therefore, the researcher is interested in studying the "Relationship Between Self-Efficacy and Self-Care Management in Hypertensive Patients."

MATERIALS AND METHODS

Instruments, Materials, and Samples

This study employs a quantitative method with a correlational research design aimed at identifying the relationship between two variables within a specific condition or group of subjects. Using a cross-sectional design, this study examines how risk factors and their effects correlate with one another through observation or simultaneous data collection ([Notoatmodjo, 2018](#)).

RESULT AND DISCUSSION

The results of this study describe the characteristics of the respondents, including demographic characteristics. The demographic characteristics in this study include: gender, age, education, occupation, duration of hypertension, while the study variables are self-efficacy and quality of life.

Table 1. Frequency Distribution of Respondent Characteristics Based on Gender, Age, Education, Occupation, and Duration of Hypertension in the Working Area of the Neglasari Health Center, Tangerang City (N:84)

Respondent Characteristics	Frequency	Percentage (%)
1. Gender		
Female	54	64,3
Male	30	35,7
Total	84	100
2. Age		
18 – 27 years	5	6,0
28 – 37 years	6	7,1
38 – 47 years	18	21,4
48 – 60 years	55	65,5
Total	84	100
3. Education		
Primary school	11	13,1
Junior High School	29	34,5
Senior High School	38	45,2
Higher Education	6	7,1
Total	84	100
4. Occupation		
Unemployed	4	4,8
Housewife	40	47,6
Laborer	10	11,9
Private Employee	19	22,6
Entrepreneur	5	6,0
Student	3	3,6
Civil Servant	3	3,6
Total	84	100
5. Duration of Hypertension		
Short-term < 5 years	53	63,1
Long-term > 5 years	31	36,9
Total	84	100

Table 2. Frequency Distribution of Self-Efficacy in the Working Area of Neglasari Health Center, Tangerang City (N:84)

Self-Efficacy	Frequency	Percentage (%)
Low	32	38,1
High	52	61,9
Total	84	100

Table 3. Frequency Distribution of Self-Care Management in the Working Area of Neglasari Health Center, Tangerang City (N:84)

Self-Efficacy Management	Frequency	Percentage (%)
Poor	37	44,0
Good	47	56,0
Total	84	100

Table 4. Analysis of the Relationship Between Self-Efficacy and Self-Care Management in Hypertensive Patients at Neglasari Health Center, Tangerang City

Self-Efficacy	Self-Efficacy Management				Total		95% CI OR	P value
	Poor		Good					
	N	%	N	%	N	%		
Low	21	65,6	11	34,4	32	100	4.295	0.004
High	16	30,8	36	69,2	52	100		
Total	37	44	47	56	84	100		

This study explores the relationship between self-efficacy and self-care management in hypertensive patients in the Neglasari Health Center area, Tangerang City. The findings on respondent characteristics reveal several important insights.

The majority of respondents were female, with 54 (64.3%) compared to 30 (35.7%) males. This aligns with previous research by Sinaga CY (2022), which reported a higher prevalence of hypertension in women (63%). Women are at an increased risk of developing hypertension during menopause, as the decrease in estrogen levels heightens the risk of hypertension.

The largest group of respondents were in the age range of 48-60 years, with 55 (65.5%) participants. As individuals age, the risk of hypertension increases due to arterial stiffness and narrowing of blood vessels, which impairs blood circulation, especially to the brain. Hypertension can also result from unhealthy lifestyle factors and stress (Susanti S, 2022). Interestingly, five respondents (6.0%) were relatively young, aged 18-27 years, highlighting that hypertension can also occur in younger individuals due to unhealthy diets, lifestyles, and stress.

The majority of respondents had completed Senior High School (SLTA), totaling 38 respondents (45.2%). This is consistent with Sinaga CY's (2022) research, which found that 33.3% of respondents had completed SLTA. Education is linked to knowledge and, although not a direct cause of hypertension, it influences lifestyle choices. Higher education levels are associated with higher self-efficacy. However, even among those with higher education, many respondents were aware that regular exercise, antihypertensive medication, and reduced salt intake could manage high blood pressure but lacked the will to follow through with these actions.

The largest group of respondents were housewives, totaling 40 respondents (47.6%). Many housewives with hypertension reported insufficient exercise due to busy household duties and the mental stress they experience. This stress and lack of physical activity may exacerbate their hypertension (Susanti S, 2022).

The majority of respondents had been living with hypertension for less than 5 years (53 respondents, 63.1%). A longer duration of hypertension may lead to increased anxiety, peripheral vasoconstriction, and elevated blood pressure. Patients with long-term hypertension are more experienced in managing their condition. Positive experiences increase motivation for managing blood pressure, such as adhering to low-salt diets. However, negative experiences may reduce motivation, leading to poorer self-care (Rusmaningsih E, 2021).

The majority of respondents exhibited high self-efficacy (52 respondents, 61.9%), while 32 respondents (38.1%) had low self-efficacy. This finding aligns with Sinaga CY (2022), where 68.5% of respondents had high self-efficacy. According to social cognitive theory, individuals with low self-efficacy are more likely to neglect tasks, as they perceive them as burdensome. The research found that 21 out of 32 respondents with low self-efficacy tended to ignore tasks, including self-care management, which is essential for individuals with chronic diseases.

The majority of respondents (47 respondents, 56%) had good self-care management, while 37 respondents (44%) had poor self-care management. The success of self-care management in hypertension depends on several factors, including self-efficacy. Our findings show that 36 respondents with high self-efficacy also exhibited good self-care management. Good self-care practices can increase an individual's confidence in managing their condition.

The Chi-Square test results revealed a p-value of 0.004, which is less than the significance level of 0.05. This indicates a significant relationship between self-efficacy and self-care management in hypertensive patients at the Neglasari Health Center, Tangerang City. The findings suggest that higher self-efficacy significantly influences better self-care management. The odds ratio of 4.295 indicates that respondents with

high self-efficacy are four times more likely to have good self-care management compared to those with low self-efficacy.

CONCLUSION

Based on the research conducted on the relationship between self-efficacy and self-care management in hypertensive patients at the Neglasari Health Center, Tangerang City, the following conclusions can be drawn:

The majority of respondents were female (64.3%), with the largest age group being 48-60 years (65.5%). Most respondents had completed Senior High School (SLTA) (45.2%), and the majority were housewives (47.6%). Additionally, 63.1% of respondents had been suffering from hypertension for less than 5 years.

Most respondents (61.9%) had high self-efficacy, while 38.1% had low self-efficacy. Regarding self-care management, 56% of respondents had good self-care management, and 44% had poor self-care management. The results of this study show a significant relationship between self-efficacy and self-care management, with a p-value of 0.004 (<0.05). Thus, it can be concluded that there is a significant relationship between self-efficacy and self-care management among hypertensive patients at the Neglasari Health Center, Tangerang City.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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