

INTERCONNECTEDNES ILLNESS PERCEPTION WITH SELF MANAGAMENT IN PATIENT HIPERTENSION

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ABSTRACT

Hypertension is a health issue with a steadily rising global prevalence. However, patient disease management remains suboptimal—specifically regarding effective self-management—a practice that can be influenced by illness perception. This study aimed to determine the relationship between illness perception and self-management among hypertensive patients at the Kemlagi Community Health Center (Puskesmas). A correlational analytic design with a cross-sectional approach was employed. The study population consisted of all 135 Prolanis participants diagnosed with hypertension at the center; a sample of 70 individuals was selected using purposive sampling. Illness perception served as the independent variable, while self-management was the dependent variable. Data were collected using the Illness Perception Questionnaire-Revised (IPQ-R) and the Self-Care of Hypertension Inventory (SCHI). Data analysis was performed using the Spearman's rank statistical test. The results showed a p-value of 0.000 (less than $\alpha = 0.05$), indicating a significant relationship between illness perception and self-management among the patients; the r-value of 0.538 demonstrated a strong, positive correlation. Higher levels of illness perception corresponded to higher levels of self-management, and conversely, lower levels of illness perception corresponded to lower levels of self-management. However, an individual's levels of illness perception and self-management are also influenced by factors such as family or social support, adherence, health insurance coverage, comorbidities, age, education level, knowledge, motivation, self-efficacy, and perceived barriers. Therefore, interventions should not focus solely on pharmacological therapy; educational efforts are also needed to foster more adaptive illness perceptions, thereby enhancing self-management.

Keywords: *Hipertensi, Illness Perception, Self Management.*

INTRODUCTION

Hypertension is a non-communicable disease that poses a major global health challenge due to its rising prevalence, its impact on quality of life, and the associated risk of cardiovascular complications (WHO, 2023). Despite the high prevalence of hypertension, patient management of the condition remains suboptimal; the vast majority of patients fail to practice effective self-management—such as adhering to medication regimens, limiting salt intake, and engaging in physical activity. Self-management can be influenced by various and factors, one of which is illness perception. Consequently, illness perception plays a crucial role in the management of hypertension (Shofia Nurmalita Haniidah & Uki Noviana, 2024).

Globally, hypertension stands as a major health issue. The World Health Organization reports that approximately 1.28 billion adults aged 30–79 worldwide suffer from hypertension, with nearly two-thirds residing in low- and middle-income countries. Furthermore, about 46% of those with hypertension are unaware of their condition, leading to numerous undiagnosed cases and a lack of effective care (WHO, 2023). Data from Riskesdas and the East Java Provincial Health Office indicate that the prevalence of hypertension among adults aged 18 and older in East Java is approximately 36.3%, meaning one-third of the adult population suffers from the condition. This figure demonstrates that hypertension remains a primary health concern in East Java (Adolph, 2021). Data from the

Mojokerto Regency Health Office show a hypertension prevalence of approximately 18.34% of the total population. Additionally, among the 322,515 residents whose blood pressure was measured, approximately 30.96% (99,852 individuals) were found to have hypertension. These findings indicate that hypertension remains a non-communicable disease with a significant number of cases in Mojokerto Regency (Permatasari et al., 2025).

Low self-management among hypertensive patients is influenced not only by demographic and social factors but also by psychological factors. One significant psychological factor is illness perception. Patients who view hypertension as a serious chronic condition carrying a risk of complications tend to be more motivated to engage in self-management behaviors—such as medication adherence, dietary management, physical activity, and routine check-ups—whereas those who perceive it as a mild or harmless condition (often due to the frequent absence of symptoms) may exhibit poor adherence to treatment and the recommendations of healthcare professionals (Stiberger et al., 2024).

Efforts to enhance self-management among hypertensive patients can be achieved by strengthening illness perceptions through education and a proper understanding of the condition; this fosters greater motivation for patients to consistently engage in hypertension management behaviors—such as medication adherence, dietary adjustments, physical activity, and routine blood pressure monitoring (Zahirah & Susanto, 2023).

METHOD

This study obtained ethical clearance under number 221/KEP/UBS-PPNI/VII/2026. It employed a quantitative, non-experimental design—specifically a correlational-analytic study—using a cross-sectional approach. The research was conducted in April 2026 within the Prolanis service at UPT PKM Kemlagi. The study population consisted of 190 individuals, and a sample of 70 patients was obtained using purposive sampling.

Research data were collected using questionnaires: the Illness Perception Questionnaire-Revised (IPQ-R) to measure illness perception, the Self-Care of Hypertension Inventory (SCHI) version 3.0 to measure self-management, and a questionnaire regarding respondent characteristics (demographic data). All respondents completed the questionnaires independently after receiving an explanation of the study's objectives and providing their consent to participate. Data analysis was performed using IBM SPSS Statistics. Univariate analysis was used to describe respondent characteristics and the distribution of each research variable. The relationship between illness perception and self-management was analyzed using the Spearman Rank test, as both variables were measured on an ordinal scale. Statistical significance was set at $p < 0.05$.

FINDING AND DISCUSSION

RESEARCH RESULT

Tabel 1 Karakteristik Responden

Karakteristik	Kategori	Frekuensi	Persentase (%)
Age	36–45 years	7	10,0
	46–55 years	26	37,1
	>55 years	37	52,9
Gender	Men	9	12,9
	Women	61	87,1
Education	Primary School	22	31,4
	Junior High School	41	58,6
	Senior High School	7	10,0
	University	0	0
Jib	Non job	0	0,0
	Swasta	10	14,3
	Wiraswasta	4	5,7
	ASN/TNI/Polri	0	0,0
	Petani/Farmer	9	12,9
	IRT/Housewife	47	67,1
LASSurvive long a time	1–5 years	4	5,7
	5–10 years	43	61,4
	>10 years	23	32,9
Family HIV	Yes	47	67,1
	No	23	32,9
	Total	70	100,0

The majority of respondents were over 55 years old (n=37; 52.9%); almost all were female (n=61; 87.1%); the majority had completed junior high school (n=41; 58.6%); the majority were housewives (n=47; 67.1%); the majority had suffered from hypertension for 5–10 years (n=43; 61.4%); and the majority had a family history of hypertension (n=47; 67.1%).

Tabel 2 Distribusi *Illness Perception* dan *Self Managament*

<i>Illness Perception</i>	Frekuensi	Persentase (%)
High	19	27,1
Medium	51	72,9
Low	0	0,0
Total	70	100,0
<i>Self Managament</i>	Frekuensi	Persentase (%)
Good	7	10,0
Adequate	45	64,3
Inadequate	18	25,7
Total	70	100,0

The majority of respondents (51 individuals, or 72.9%) fell into the moderate category for illness perception. Similarly, the majority (45 individuals, or 64.3%) fell into the fair category for self-management.

Tabel 3 Hubungan *Illness Perception* dengan Self Managment

<i>Illness Perception</i>	Self Managment							
	Kurang		Cukup		Baik			
	f	%	F	%	f	%	%	
High	0	0,0	12	63,2	7	36,8	19	100,0
Medium	18	35,3	33	64,7	0	0,0	51	100,0
Low	0	0,0	0	0,0	0	0,0	0	0,0
Total	18	25,7	45	64,3	7	10,0	70	100,0
The result Uji Spearman Rho $pvalue = 0,005$, koefisien korelasi = 0,538								

The analysis results show that among the 51 respondents with illness perceptions in the moderate category, the majority (33 individuals or 64.7%) demonstrated self-management in the "sufficient" category. Similarly, among the 19 respondents with illness perceptions in the moderate category, the majority (12 individuals or 63.2%) demonstrated self-management in the "sufficient" category.

DISCUSSION

The study results indicate a significant relationship between illness perception and self-management among hypertensive patients at the Kemlagi Community Health Center ($p = 0.000$; $r = 0.538$). The correlation coefficient reflects a strong, positive relationship, meaning that patients with better illness perceptions demonstrate superior self-management capabilities. Conversely, patients with less adaptive illness perceptions tend to exhibit lower self-management abilities. These findings suggest that how patients view hypertension—including perceptions regarding the disease's impact, duration, controllability, treatment effectiveness, and causes—plays a crucial role in shaping self-management behaviors.

The results of this study align with research by Stiberger et al. (2024), which indicates that illness perception plays a crucial role in enhancing self-care and self-management behaviors among patients with hypertension. However, self-management is also influenced by other factors such as age, education level, family support, knowledge, and self-efficacy. Therefore, educational interventions aimed at improving illness perception must be consistently implemented to enhance the self-management capabilities of hypertension patients.

However, illness perception is not the only factor influencing self-management. Based on the theoretical review in this study, self-management behavior is also influenced by various other factors, such as age, education level, family support, duration of hypertension, knowledge, motivation, and self-efficacy. Therefore, interventions for hypertensive patients should not merely focus on enhancing understanding of the disease; they must also incorporate family support and ongoing education to enable patients to consistently maintain self-management behaviors, thereby keeping blood pressure under control and minimizing the risk of complications.

CONSLUSION

This study demonstrates that the majority of hypertensive patients at the Kemlagi Community Health Center (Puskesmas) exhibit moderate levels of illness perception and adequate self-management skills. Analysis reveals a significant, positive, and strong correlation between illness perception and self-management. These findings indicate that a

more favorable perception of their hypertension corresponds to improved self-management capabilities. Therefore, efforts to enhance illness perception—through health education and continuous support—should be integrated into hypertension care services to improve self-management, thereby supporting blood pressure control and the prevention of complications.

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