***ABSTRACT***

***Overview of Self Care Behavior among Hypertensive Patients at Gianyar I Public Health Center***

Dewa Ayu Dwi Pertiwi¹, Ni Luh Gede Intan Saraswati², Theresia Anita Pramesti³

*Hypertension is one of the ongoing public health challenges worldwide. While it cannot be cured, it can be controlled. Managing blood pressure requires a long-term commitment, which often leads to poor adherence among hypertensive patients in maintaining blood pressure control. This behavior makes hypertension increasingly difficult to manage, ultimately causing complications. Therefore, good self-care behavior is essential. This study aimed to identify the self-care behavior of hypertensive patients at Gianyar I Public Health Center. This research was a quantitative descriptive. The sample consisted of 145 hypertensive patients at Gianyar I Public Health Center. The sampling technique used was purposive sampling. The data collection was conducted by distributing the Hypertension Self-Care Profile (HBP-SCP) behavior scale questionnaire to the respondents.* *Data analysis was performed using univariate tests. The results showed that the majority of respondents were aged 56–65 years (66 respondents, 45.5%), female (89 respondents, 61.4%), had completed high school education (80 respondents, 55.2%), worked as entrepreneurs or private employees (59 respondents, 40.7%), were married (139 respondents, 95.9%), and had suffered from hypertension for more than one year (125 respondents, 86.2%). Based on the categories, the majority of respondents had moderate self-care behavior (67 respondents, 46.7%). Self-care behavior is significantly associated with factors such as age, gender, education, occupation, marital status, and duration of suffering from hypertension of individuals with hypertension.*

***Keywords****: Hypertension, Self Care Behavior, Self Care*