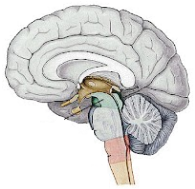
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Jurnal Kesehatan Mesencephalon

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THE RELATIONSHIP BETWEEN THE APPLICATION OF OREM'S SELF-CARE THEORY AND SELF-EFFICACY IN PATIENTS WITH HYPERTENSION IN PANGGUNGREJO VILLAGE, GONDANGLEGI SUBDISTRICT

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ARTICLE INFORMATION

Keywords:
Hypertension, Self-Care, Self-Efficacy

Received: 16/01/2026
Revised: 25/02/2026
Accepted: 14/03/2026

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ABSTRACT

Hypertension is a common condition among pre-elderly individuals (>45 years) with various risk factors. However, low levels of self-care awareness and self-efficacy can worsen hypertension management. This study aims to evaluate the relationship between the application of Orem's self-care theory and self-efficacy in patients with hypertension in Panggungrejo Village. This study employed a cross-sectional design with a quantitative approach. The study population consisted of 80 individuals, with a sample of 67 respondents selected using purposive sampling. Data were analysed using the Chi-square test. The findings revealed a p value of 0.000 (<0.05), indicating a highly significant relationship between self-care and self-efficacy in hypertension management. Self-care and self-efficacy play important roles in hypertension management. Patients with high self-efficacy are more likely to adhere to a healthy lifestyle and achieve controlled blood pressure. Further interventions aimed at enhancing self-care and self-efficacy are recommended to improve health outcomes.

ABSTRAK

Hipertensi merupakan kondisi yang umum terjadi pada individu pralansia (>45 tahun) dengan berbagai faktor risiko. Namun, rendahnya kesadaran perawatan diri (self-care) dan efikasi diri dapat memperburuk penatalaksanaan hipertensi. Penelitian ini bertujuan untuk mengevaluasi hubungan antara penerapan teori self-care Orem dan efikasi diri pada pasien hipertensi di Desa Panggungrejo. Penelitian ini menggunakan desain potong lintang (cross-sectional) dengan pendekatan kuantitatif. Populasi penelitian terdiri atas 80 individu, dengan sampel 67 responden yang dipilih menggunakan purposive sampling. Data dianalisis menggunakan uji Chi-square. Hasil penelitian menunjukkan nilai p sebesar 0.000 (< 0.05), yang menunjukkan hubungan yang sangat signifikan antara perawatan diri dan efikasi diri dalam penatalaksanaan hipertensi. Perawatan diri dan efikasi diri berperan penting dalam penatalaksanaan hipertensi. Pasien dengan efikasi diri tinggi lebih mungkin mematuhi gaya hidup sehat dan mencapai tekanan darah yang terkontrol. Intervensi lebih lanjut yang bertujuan meningkatkan perawatan diri dan efikasi diri direkomendasikan untuk meningkatkan luaran kesehatan.

Kata Kunci: Hipertensi, Perawatan diri, Efikasi diri

1. INTRODUCTION

Hypertension often occurs in pre-elderly age (>45 years) and is influenced by a combination of physiological factors, lifestyle, stress, family history, and lack of physical activity. This underlines how important it is for individuals in this age group to adopt a healthy lifestyle and undergo regular health checks in order to prevent or manage hypertension as well as possible (Kazeminia et al., 2020).

In Indonesia, based on data from the 2018 Indonesian Basic Health Research (Riskesdas), the prevalence of hypertension reached 34.1%, a significant rise from 25.8% in 2013. The prevalence of hypertension in East Java was also high. According to Riskesdas 2018, the prevalence of hypertension in the province reached 36.3% among residents aged over 18 years, equivalent to around 11.6 million individuals. These figures show that hypertension is a major public health burden, including at village level.

The study by Sarfika et al. (2023) showed that patients with hypertension who had a high level of self-care tended to have better blood pressure control. Adequate engagement in self-care, in turn, can raise an individual's self-efficacy in managing hypertension. On the other hand, individuals with low self-efficacy may be less motivated to practise self-care, which can then have a negative effect on blood pressure control. The links between medication adherence, blood pressure control, knowledge, self-care, and self-efficacy were also found in patients with hypertension in Tunisia (Turki et al., 2024). A meta-analysis of self-management programmes in older adults with hypertension showed that such programmes improved blood pressure, self-efficacy, and medication adherence (Van Truong et al., 2021).

A preliminary study by the researchers, using simple interviews about self-care and self-efficacy in patients with hypertension with the village nurse, concluded that many people with hypertension were still not fully aware of the disease they had. Given the high prevalence of hypertension and the important role of self-care and self-efficacy in disease management, research into the relationship between the application of Orem's self-care theory and self-efficacy in patients with hypertension is relevant and worth conducting. The findings are expected to contribute to the development of more effective nursing interventions to improve the self-care abilities and self-efficacy of patients with hypertension in Panggungrejo Village, Gondanglegi Subdistrict.

Controlling hypertension at community level depends heavily on patients' daily behaviour, since most of the management of this disease takes place outside health facilities. The profile of self-care in patients with hypertension in Indonesia shows that patient independence still varies and is shaped by the local service context (Eldawati et al., 2022). In patients with hypertension, knowledge, self-care, and self-efficacy are linked to medication adherence and blood pressure control (Turki et al., 2024). Understanding the relationship between self-care and self-efficacy in patients at village level therefore provides a sound basis for designing community nursing interventions.

Within the framework of Orem's self-care theory, a person's ability to care for themselves is determined by the balance between self-care demands and self-care agency; when demands exceed agency, a self-care deficit arises, which becomes the basis for nursing intervention, including through the role of a companion or dependent care (Taalab et al., 2021). Interventions based on Orem's self-care theory have been shown to improve patients' self-care practice in a quasi-experimental study (Sultan & Khanum, 2024). Self-efficacy, meanwhile, is influenced by a range of personal and environmental factors that have been mapped in a scoping review of patients with hypertension (Widiawatie et al., 2021). Bringing these two frameworks together, Orem's theory and self-efficacy, provides the foundation of this study for understanding the independence of patients with hypertension in caring for themselves.

2. METHODS

This study used a cross-sectional design with a quantitative approach. The study population was 80 people with hypertension in Panggungrejo Village, Gondanglegi Subdistrict, and the sample consisted of 67 people selected by purposive sampling. This study had three variables, namely hypertension, self-care based on Orem's theory, and self-efficacy. The instruments used were a questionnaire adapted from Dorothea Orem's theory to measure self-care, and the General Self-Efficacy Scale (GSES) to measure the level of self-efficacy. Data were analysed using the Chi-Square test to assess whether there was a significant

relationship between the variables, and the relationship between self-care and self-efficacy was also assessed with Spearman Rank correlation. The research flow is shown in Figure 1.

The measurement outcome categories used in this study were not independent, partially independent, and fully independent for self-care, and low, moderate, and high for self-efficacy. These categories were used to map the position of respondents and to assess the cross-distribution between self-efficacy level and self-care category, alongside the mean scores of both variables.

3. RESULTS AND DISCUSSION

This study involved 67 respondents with hypertension in Panggungrejo Village. The profile of respondents' self-care, self-efficacy, and hypertension characteristics is summarised in Table 1, while the relationship between self-efficacy and self-care is presented in Table 2 and Figure 1.

Table 1. Profile of Self-Care, Self-Efficacy, and Hypertension Characteristics of Respondents (n = 67)

Characteristic	Category	n	%
Self-care	Not independent	25	37
Self-efficacy	Low	25	37
Self-efficacy	Moderate	26	39
Duration of hypertension	More than 1 year	34	51
Hypertension stage	Stage I	37	55

Table 2. Distribution of Self-Care by Respondent Self-Efficacy Level

Self-Efficacy Level	Self-Care Category	Percentage (%)
Low	Not independent	37.3
Moderate	Partially independent	26.9
Moderate	Fully independent	11.9
High	Fully independent	14.9
High	Partially independent	9.0
High	Not independent	0

The findings showed a significant relationship between self-efficacy level and self-care ability ($p = 0.000$; $p < 0.05$). Respondents with low self-efficacy were mostly not independent in self-care (37.3%). At the moderate level, most were partially independent (26.9%) and fully independent (11.9%). At the high level, most were fully independent (14.9%) and partially independent (9.0%), with none not independent. This distribution is shown in Table 2. The findings show that the higher the self-efficacy, the greater the individual's independence in practising self-care. The Spearman Rank value of 0.830 indicates a positive correlation of very strong strength. In other words, the higher the level of self-care, the higher the level of self-efficacy in patients with hypertension in Panggungrejo Village, Gondanglegi Subdistrict, so the hypothesis stating that there is a relationship between self-care and self-efficacy cannot be rejected.

This study showed that patients with hypertension in Panggungrejo Village mostly had a not independent level of self-care, numbering 25 people (37%), with a mean score of 36.64. The low level of self-care may be influenced by education level; in this group there were 15 people (60%) whose highest education was primary school. Low self-care may also be influenced by age. Most respondents with not independent self-care were aged 56 to 60 years, numbering 13 of the 25 respondents with not independent self-care. This happens because age affects patients' ability to practise self-care; the older a person is, the more limited their ability to carry out daily activities. However, it is still possible for those aged 61 to 65 years to have fully independent self-care because of their experience in managing hypertension. Among

those with not independent self-care, 25 people were found to have stage II hypertension. As many as 22 of the 25 respondents with not independent self-care had a history of hypertension of more than one year. This finding is in line with earlier research stating that the longer a person has had hypertension, the more it can affect their motivation to practise self-care, because patients tend to grow weary of ongoing treatment, which in turn affects their motivation to control their blood pressure (Putri Noor Kholisoh Purnama Wati et al., 2024). However, it is still possible for people with hypertension for less than one year to have not independent self-care; in this study 3 of the 25 respondents were in this situation.

The findings also showed that most respondents had moderate and low levels of self-efficacy, with a difference that was not very large, namely 26 respondents (39%) for moderate self-efficacy and 25 respondents (37%) for low self-efficacy, with a mean score of 26.31. This was supported by some respondents answering items number 4 and 5 of the questionnaire by choosing the option "not true", which means they were still not confident they could face the hypertension they had and still had no ideas about how to deal with hypertension according to their own creativity. The low level of self-efficacy may be influenced by highest education history; in this study there were 15 respondents whose highest education was primary school. This finding is supported by earlier research stating that a person with higher education tends to have high self-efficacy, because they have gone through challenging education and gained the skills and knowledge needed to deal with various situations. In this study it was found that 19 of the 26 respondents with moderate self-efficacy were aged 45 to 50 years, which fits the view that life experience helps individuals develop the ability to overcome challenges. Self-efficacy was also influenced by hypertension history: 22 of the 25 respondents with low self-efficacy and 16 of the 26 respondents with moderate self-efficacy had a history of hypertension of more than one year. In this study it was also found that the 25 respondents with low self-efficacy had stage II hypertension.

Overall, most respondents had a history of hypertension of more than one year, with a frequency of 34 people (51%), and had stage I hypertension, numbering 37 respondents (55%), as summarised in Table 1. The Chi-Square test showed a highly significant result ($p < 0.05$) for the relationship between self-care and hypertension, which means the hypothesis of a relationship between self-care and hypertension cannot be rejected. Self-care management serves to improve long-term health, reduce care costs, increase patients' self-confidence and independence, and develop the quality of life of patients with hypertension. Self-care for people with hypertension covers various aspects, including adherence to medication, dietary adjustment, physical activity, stress management, and regular blood pressure monitoring. These actions play an important part in controlling blood pressure and preventing further complications. The Chi-Square test for the relationship between self-efficacy and hypertension also showed a significant result ($p < 0.05$). Research on patients with hypertension in Tunisia found a similar pattern, namely the links between self-efficacy, self-care, and blood pressure control (Turki et al., 2024). The findings of this study therefore confirm the important role of self-efficacy in hypertension management: patients with high self-efficacy are more likely to control their blood pressure and reduce the risk of hypertension.

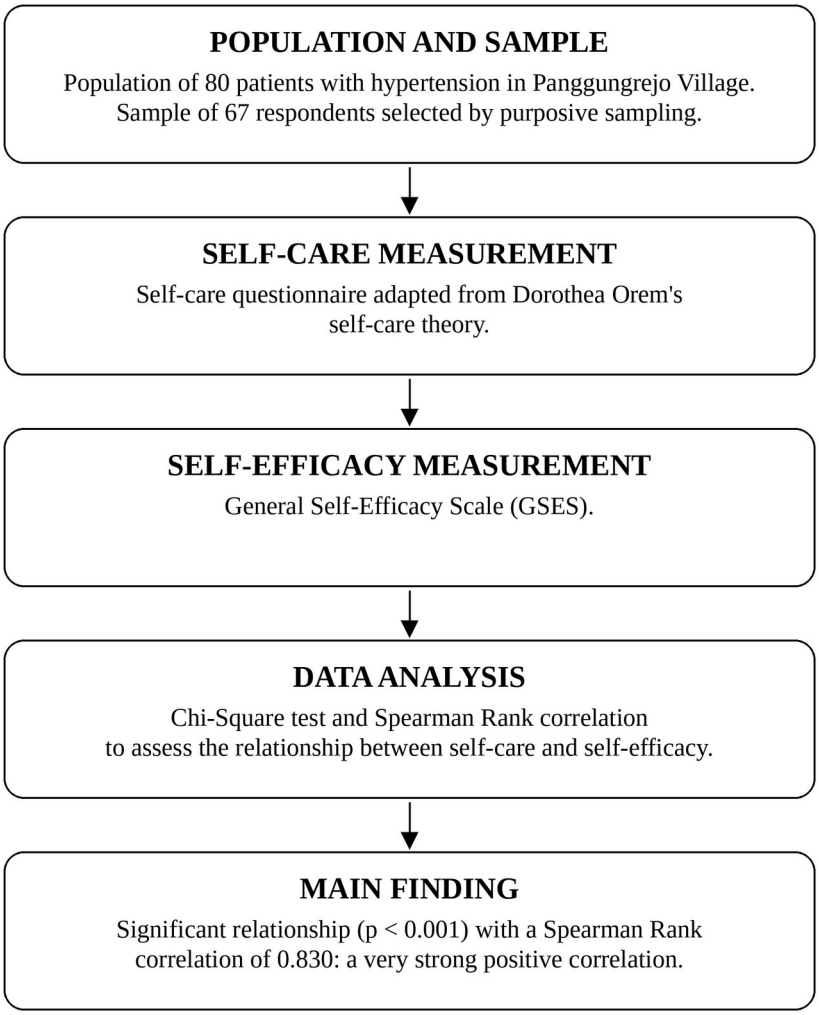


Figure 1. Research Flow of the Relationship between Orem's Self-Care Theory and Self-Efficacy in Patients with Hypertension

The strength of the relationship found (Spearman Rank 0.830) shows that self-care and self-efficacy move in the same direction consistently in patients with hypertension in Panggungrejo Village. Within Orem's framework, this finding can be read as a fit between self-care demands and self-care agency: patients who believe they can manage their disease are more successful in meeting their daily self-care demands. Orem's theory does place individual agency and the companion's role as determinants of independence (Taalab et al., 2021), and interventions built on this theory have been shown to improve self-care practice (Sultan & Khanum, 2024). The profile of self-care in patients with hypertension in Indonesia also shows similar variations in independence across regions (Eldawati et al., 2022).

Comparison with research in Indonesia strengthens this finding. Research in Padang found that the self-care behaviour of adult patients with hypertension was linked to blood pressure control (Sarfika et al., 2023). The self-care profile of patients with hypertension described by other research also showed that some patients were not yet independent in caring for themselves (Putri Noor Kholisoh Purnama Wati et al., 2024). The profile of self-care behaviour and self-care management in patients with hypertension in Turkey showed a similar picture (Türker, 2024). The factors influencing the self-care activities of patients with hypertension have been confirmed in research in Indonesia (Istiani & Rokhmiati, 2021). The similarity of

this pattern across regions shows that the problem of self-care independence is not unique to one village, but a common challenge in managing hypertension in primary care.

The roles of education and age seen in this study fit the literature. Research at Tamanan Community Health Centre found a relationship between education level and self-efficacy and the self-management of patients with hypertension (Ratnasari, 2020). A scoping review of the factors influencing self-efficacy for hypertension self-care also places education, knowledge, and experience as important factors (Widiawatie et al., 2021). A relationship between self efficacy and self care management in patients with hypertension was also found in other research in Indonesia (Reski Awalia et al., 2024). A phenomenological study of older adults with hypertension describes the links between self efficacy, self care management, and adherence in patients' everyday experience (Prabasari, 2021). The implication is that educational material for patients with basic education needs to be delivered in simple language, step by step, and accompanied by demonstrations, not just a leaflet.

Social support is another pathway linking self-belief and behaviour. Path analysis showed that family support was linked to self-efficacy and hypertension self-care (Azmiardi et al., 2025). Family support has also been shown to work through the self-care behaviour of patients with hypertension (Mariyani et al., 2021). In patients with heart failure, family support and health worker support were linked to self-care behaviour through self-efficacy (Rohananingsih et al., 2023), which shows a similar mechanism in another chronic disease. For patients in Panggungrejo Village, involving the family in education and in accompanying blood pressure checks is very likely to strengthen patients' self-efficacy, especially in the older and basic-education groups.

From the intervention side, the available evidence shows that both constructs can be improved. A meta-analysis of randomised trials found that self-management programmes improved blood pressure, self-efficacy, medication adherence, and body mass index in older adults with hypertension (Van Truong et al., 2021). Education focused on self-efficacy improved the self-care behaviour of patients with hypertension (Asa Kohne Forody et al., 2021). A mobile application for hypertension self-care improved self-efficacy and related knowledge (Dwairej & Ahmad, 2022). Self-monitoring of blood pressure helped raise awareness, adherence to therapy, and blood pressure control (Mulè et al., 2019), while good doctor-patient communication affected adherence and blood pressure control (Zeng et al., 2024). Physical activity as part of self-care is also supported by a meta-analysis of the effect of exercise on the blood pressure of older adults with hypertension (Kazeminia et al., 2020), and positive psychological factors such as gratitude were linked to self-efficacy and self-care behaviour in patients with cardiovascular disease (Khan et al., 2024). Locus of control and self-efficacy were also linked to medication adherence in older adults with hypertension (Ramadhani et al., 2022). This body of evidence gives nurses layered intervention options, from education and family accompaniment through to self-monitoring.

The category distribution in Table 2 gives additional detail that the correlation coefficient alone does not capture. The absence of respondents with high self-efficacy who were not independent in self-care shows that high self-belief was almost always accompanied by independence in self-care, at least in this sample. In contrast, the low self-efficacy group was concentrated in the not independent category, and the moderate group was spread across the partially independent and fully independent categories. A graded pattern like this makes sense within Orem's framework: self-care agency grows with experience of

successfully managing the disease, and that experience of success in turn strengthens self-belief. The profile of self-care in patients with hypertension in Indonesia, which varies between individuals (Eldawati et al., 2022), and the self-care profile showing that some patients were not yet independent (Sarfika et al., 2023) place the Panggungrejo Village pattern in a reasonable context. For nurses, this pattern means that stratifying respondents by self-efficacy level can be a simple way to prioritise accompaniment: the low group needs the most intensive accompaniment, the moderate group needs strengthening so they can rise to fully independent, and the high group can be empowered as examples for other patients.

The clinical meaning of this correlation lies in the chain of behaviour that forms. Hypertension self-care covers medication adherence, dietary regulation, physical activity, stress management, and blood pressure monitoring; all of these require adequate self-belief to be carried out consistently. Self-management programmes have been shown to improve self-efficacy as well as blood pressure (Van Truong et al., 2021), and the links between self-care, self-efficacy, and blood pressure control have also been found in hypertension populations in other countries (Turki et al., 2024). The very strong correlation found in Panggungrejo Village is therefore not merely a statistical finding, but an indication that interventions which build patients' self-belief have a real chance of moving self-care behaviour and, in turn, blood pressure control.

The practical implication for health services in the Gondanglegi area is the need to assess self-efficacy as part of routine assessment of patients with hypertension, not only blood pressure measurement. Patients with low self-efficacy and not independent self-care, who in this study made up more than a third of respondents, need more intensive accompaniment, for example through posyandu (integrated community health posts), home visits, and family involvement. Patients with a history of hypertension of more than one year need special attention because weariness with ongoing treatment can lower motivation, while older patients need activities adjusted to their physical abilities.

The village service context offers both opportunities and challenges for following up this finding. Posyandu and cadre visits are routine meeting points between patients with hypertension and health workers, so brief self-efficacy assessment and self-monitoring of blood pressure can be integrated without adding a large burden to services. Self-monitoring of blood pressure has been shown to help raise patient awareness and blood pressure control (Mulè et al., 2019), and family support working through self-care behaviour (Mariyani et al., 2021) can be strengthened through family education on the same occasion. The challenges are the limited time of cadres and health workers and the variation in health literacy among patients with basic education, so material needs to be made very practical, for example a weekly self-care checklist filled in together with the family. In this way, the findings of this correlational study can be turned into measurable service changes at village level.

Several limitations should be noted. The cross-sectional design measured both variables at one point in time only, so the direction of the relationship cannot be confirmed: self-efficacy can drive self-care, but success in practising self-care can also build self-efficacy. The sample was selected purposively in a single village, so generalisation is limited. Measurement relied on self-report questionnaires, which are prone to response bias. The relationship found has also not yet been controlled for confounding factors such as education, age, duration of hypertension, and disease stage through multivariate analysis. In addition, the manuscript reports the analysis using two approaches, namely the Chi-Square test and Spearman Rank

correlation; readers need to bear in mind the difference between the two when interpreting the reported p values and correlation coefficients.

4. CONCLUSION AND SUGGESTIONS

The results of the relationship test between self-care and self-efficacy in hypertension show a highly significant relationship between self-care and self-efficacy in hypertension, with a Spearman Rank correlation of 0.830 that is positive and very strong. The higher the patient's self-efficacy, the more independent the self-care they practise, and both are linked to better hypertension management.

Patients are advised to carry out several activities that have the potential to improve self-care and self-efficacy consistently, including adopting a healthy low-salt diet, doing regular physical activity such as walking or elderly gymnastics for at least 30 minutes every day, routinely checking blood pressure and attending posyandu, and practising stress management. In this way, patients can improve self-care and self-efficacy independently and control their blood pressure more effectively to reduce the risk of long-term complications. Health workers are advised to integrate self-efficacy assessment and family accompaniment into hypertension services. Future researchers are advised to use a longitudinal design or an Orem theory-based intervention with multivariate analysis, so that the direction of the relationship and the most influential factors can be confirmed.

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