

HUBUNGAN DUKUNGAN KELUARGA TERHADAP KEPATUHAN MINUM OBAT ANTIHIPERTENSI PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS KALASAN

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INTISARI

Latar Belakang: Hipertensi merupakan penyakit kronis yang dapat dikontrol dengan minum obat antihipertensi. Dalam pengontrolannya dibutuhkan dukungan keluarga untuk membantu supaya penderita hipertensi patuh minum obat.

Tujuan Penelitian: Diketahui hubungan dukungan keluarga terhadap kepatuhan minum obat antihipertensi pada penderita hipertensi di wilayah kerja Puskesmas Kalasan.

Metode Penelitian: Penelitian kuantitatif dengan desain korelasi menggunakan pendekatan *cross sectional*. Pemilihan sampel menggunakan *total sampling* sebanyak 67 responden. Variabel yang diteliti adalah dukungan keluarga dan kepatuhan minum obat pada penderita hipertensi. Uji analisa statistik menggunakan *kendall tau*. Instrumen yang digunakan adalah kuesioner dukungan keluarga dan kuesione MMAS.

Hasil Penelitian: Hasil penelitian menunjukkan karakteristik responden di wilayah kerja Puskesmas Kalasan tertinggi yaitu dengan jenis kelamin perempuan sebesar (65,7%), umur 46-90 tahun (89,5%), berpendidikan SMA (40,3%), pekerjaan tidak bekerja sebesar (43,3%), sumber dukungan suami/istri sebesar (58,2%). Dukungan keluarga tertinggi pada kategori dukungan rendah (67,2%), kepatuhan minum obat pada kategori tinggi sebesar (74,6%). Uji statistik menggunakan Kendall Tau menunjukkan bahwa nilai p -value = 0,000 ($<0,05$) dan nilai $r = -0,609$.

Kesimpulan: Ada hubungan antara dukungan keluarga terhadap kepatuhan minum obat antihipertensi dengan keeratan korelasi yang kuat namun memiliki arah yang negatif.

Kata Kunci: *Dukungan Keluarga, Kepatuhan Minum Obat, Hipertensi.*

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**THE CORRELATION BETWEEN FAMILY SUPPORT AND
COMPLIANCE WITH
TAKING ANTIHYPERTENSION MEDICINE IN PATIENTS WITH
HYPERTENSION IN THE WORKING AREA OF
PUSKESMAS KALASAN**

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ABSTRACT

Background: Hypertension is a chronic disease that can be controlled by taking antihypertensive drugs. In controlling it, family support is needed to help people with hypertension comply with taking medication.

Research purposes: It is known that there is a correlation between family support and compliance with taking antihypertensive medication in patients with hypertension in the working area of the Puskesmas (Community Health Center) Kalasan.

Research method: The research method is quantitative research with correlation design using a cross sectional approach. The sample selection used a total sampling of 67 respondents. The variables studied were family support and compliance with taking medication in patients with hypertension. The statistical analysis test used was Kendall Tau. The instruments used were the family support questionnaire and the MMAS questionnaire.

Research result: The results illustrates that the highest characteristics of respondents in the working area of Puskesmas Kalasan are the female gender (65.7%), aged between 46 to 90 years (89.5%), with high school education (40.3%), not working (43,3%), the source of husband/wife support is (58,2%). The highest family support is in the low support category (67.2%) and the medication adherence is in the high category (74.6%). The statistical test using Kendall Tau demonstrates that the p-value = 0.000 (<0.05) and the r-value = -0.609.

Conclusion: There is a correlation between family support and compliance with taking antihypertensive medication with a strong correlation but has a negative direction.

Keywords: Family Support, Medication Compliance, Hypertension

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