

HUBUNGAN TINGKAT PENGETAHUAN TERHADAP KEPATUHAN PENGGUNAAN OBAT ANTIHIPERTENSI PADA PASIEN HIPERTENSI DI PUSKESMAS MLATI II

Dewi Puspita Sari¹, Mardiana Puji Lestari², Siwi Padmasari²

INTISARI

Latar Belakang: Hipertensi merupakan penyakit kronis yang ditandai dengan peningkatan tekanan darah sistolik >140 mmHg dan atau tekanan darah diastolik >90 mmHg. Pengetahuan merupakan salah satu faktor untuk meningkatkan kesadaran tentang penyakit yang diderita dan kepatuhan pengobatan sehingga terkendalinya tekanan darah. Pengobatan penyakit kronis seperti hipertensi tidak bisa disembuhkan hanya dapat dikendalikan dengan pengobatan secara rutin sehingga memerlukan kepatuhan dalam pengobatan.

Tujuan Penelitian: Menganalisis hubungan antara tingkat pengetahuan terhadap kepatuhan penggunaan obat antihipertensi di Puskesmas Mlati II.

Metode Penelitian: Jenis penelitian kuantitatif dengan desain penelitian observasional analitik menggunakan pendekatan *cross sectional design*. Pengambilan data dilakukan dengan membagikan kuesioner pengetahuan dan kepatuhan MMAS-8 pada 165 pasien hipertensi di Puskesmas Mlati II dengan menggunakan teknik *purposive sampling* yang kemudian diolah menggunakan program statistika terkomputerisasi dengan analisis *chi-square*.

Hasil Penelitian: Hasil penelitian menunjukkan dari 165 pasien hipertensi mayoritas pasien berusia 46-55 tahun sebanyak 69 pasien (41,8%), jenis kelamin perempuan sebanyak 120 pasien (72,7%), berpendidikan SMA sebanyak 62 pasien (37,6%), tidak bekerja sebanyak 100 pasien (60,6%), lama menderita hipertensi <5 tahun sebanyak 126 pasien (76,4%), mendapatkan terapi tunggal sebanyak 100 pasien (60,6%) dengan jenis obat antihipertensi amlodipin sebanyak 96 pasien (58,8%), tingkat pengetahuan kategori baik sebanyak 106 pasien (64,2%) dan tingkat kepatuhan kategori sedang sebanyak 64 pasien (38,8%).

Kesimpulan: Terdapat hubungan tingkat pengetahuan dengan kepatuhan penggunaan obat antihipertensi di Puskesmas Mlati II ($p=0,000$)

Kata Kunci: Hipertensi, Kepatuhan, Pengetahuan

¹Mahasiswa Farmasi Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Farmasi Universitas Jenderal Achmad Yani Yogyakarta

THE RELATIONSHIP LEVEL OF KNOWLEDGE TO COMPLIANCE WITH THE USE OF ANTIHYPERTENSIVE DRUG IN HYPERTENSION PATIENTS AT THE MLATI II HEALTH CENTER

Dewi Puspita Sari¹, Mardiana Puji Lestari², Siwi Padmasari²

ABSTRACT

Background: Hypertension is a chronic disease characterized by an increase in systolic blood pressure >140 mmHg and or diastolic blood pressure >90 mmHg. Knowledge is one of the factors to increase awareness about the disease suffered and treatment adherence so that blood pressure is controlled. Treatment of chronic diseases such as hypertension cannot be cured can only be controlled with routine treatment so that it requires adherence to treatment.

Objective: Analyzing the relationship between the level of knowledge on adherence to the use of antihypertensive drugs at the Mlati II Health Center.

Method: Type of quantitative research with analytical observational research design using cross sectional design approach. Data collection was carried out by distributing MMAS-8 knowledge and compliance questionnaires to 165 hypertensive patients at the Mlati II Health Center using *purposive sampling* techniques which were then processed using computerized statistical programs with *chi-square analysis*.

Result: The results showed that from 165 hypertensive patients, the majority of patients aged 46-55 years as many as 69 patients (41.8%), female sex as many as 120 patients (72.7%), high school education as many as 62 patients (37.6%), not working as many as 100 patients (60.6%), long suffering from hypertension <5 years as many as 126 patients (76,4%), received single therapy as many as 100 patients (60.6%) with the type of antihypertensive drug Amlodipin as many as 96 patients (58.8%), The knowledge level of the good category was 106 patients (64,2%) and the adherence level of the medium category was 64 patients (38.8%).

Conclusion: There is a relationship between the level of knowledge and adherence to the use of antihypertensive drugs at the Mlati II Health Center ($p= 0.000$).

Keywords: Hypertension, Knowledge, Adherence

¹Pharmacy student at Jenderal Achamad Yani University, Yogyakarta

²Lecturer in Pharmacy at Jenderal Achmad Yani University, Yogyakarta