

# HUBUNGAN KEPATUHAN PENGOBATAN DENGAN KLASIFIKASI DERAJAT HIPERTENSI DI POLI LANSIA PUSKESMAS GAMPING I

## INTISARI

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**Latar Belakang:** Hipertensi adalah kondisi yang kompleks dimana tekanan darah secara menetap berada di atas normal. Guna mencapai target tekanan darah atau derajat hipertensi normal pada pasien hipertensi diperlukan kepatuhan. Kepatuhan pengobatan pasien hipertensi merupakan hal penting karena hipertensi merupakan penyakit yang tidak dapat disembuhkan tetapi harus selalu dikontrol atau dikendalikan agar tidak terjadi komplikasi yang dapat berujung pada kematian. Berdasarkan hasil studi pendahuluan dengan wawancara 5 pasien di wilayah kerja Puskesmas Gamping I, didapatkan bahwa ada tiga pasien yang patuh mengkonsumsi obat hipertensi, dan dua responden tidak patuh minum obat hipertensi serta jarang melakukan pemeriksaan ke Puskesmas.

**Tujuan Penelitian:** Mengetahui hubungan kepatuhan pengobatan dengan klasifikasi derajat hipertensi pada lansia di Puskesmas Gamping I.

**Metode Penelitian:** Desain penelitian dalam penelitian ini yaitu deskriptif analitik dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah pasien lansia yang didiagnosa hipertensi pada bulan Juli-Agustus 2017 di Puskesmas Gamping I sebanyak 92 orang. Teknik pengambilan sampel dengan *purposive sampling* didapatkan sampel sebanyak 48 orang. Analisis data menggunakan uji *Kendall Tau*.

**Hasil Penelitian:** Karakteristik responden sebagian besar pasien berusia 60 – 74 tahun sebanyak 37 orang (77,1%), jenis kelamin pasien laki-laki dan perempuan sama-sama sebanyak 24 orang (50,0%) dan responden dengan riwayat keluarga hipertensi sebesar 42 orang (87,5%). Hasil uji *Kendall's tau* sebesar 0,000 ( $P < 5\%$ ) sehingga dapat dinyatakan ada hubungan kepatuhan pengobatan dengan klasifikasi derajat hipertensi pada Lansia Di Puskesmas Gamping I. Nilai *p* sebesar 0,590 yang menunjukkan bahwa keeratan hubungan termasuk pada kategori sedang.

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# CORRELATION BETWEEN TREATMENT OBEDIENCE AND CLASSIFICATION DEGREE OF HYPERTENSION IN ELDERLY POLYCLINIC HEALTH CENTER OF GAMPING I

## ABSTRACT

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**Background:** Hypertension is a complex condition which the blood pressure is settled above normal. In order to achieve the target of blood pressure or normal hypertension degree in hypertensive patients required obedience. The treatment obedience of hypertension patient is an important thing because hypertension is a disease that is not curable but it should always be controlled in order to avoid complications that can lead to death. Based on the preliminary study by interview to 5 patients in work area of Public Health of Gamping I, obtained that there were three patients who adhered to taking hypertension medication, and two respondents did not adhere to taking hypertension medication and rarely do the examination to the Puskesmas.

**Research Objective:** To know the correlation between treatment obedience and classification degree of hypertension in elderly polyclinic health center of Gamping I.

**Research Method:** Research design was analytics descriptive with *cross-sectional* approach. Research population was elderly patients who was diagnosed hypertension in July-August 2017 in Public Health of Gamping I as many 92 patients. Sampling technique used *purposive sampling* obtained sample as many 48 patients. Data analysis used was *Kendall Tau test*.

**Research Result:** Respondents' characteristics mostly was 60 – 74 years old as many 37 patients (77,1%), patient's gender was male and female each was 24 patients (50,0%) and respondent with family history of hypertension as many 42 patients (87,5%). Result of *Kendall's tau test* as much 0,000 ( $P < 5\%$ ) so it can be stated that there was correlation between treatment obedience and classification degree of hypertension in elderly polyclinic health center of Gamping I. Number of  $p$  as much 0,590 it showed that the closeness of the relationship included in the medium category.

**Conclusion:** There was correlation between treatment obedience and classification degree of hypertension in elderly polyclinic health center of Gamping I.

**Keywords:** Treatment Obedience, Classification Degree of Hypertension

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