

HUBUNGAN TINGKAT KEPATUHAN PENGGUNAAN OBAT ANTIHIPERTENSI TERHADAP KUALITAS HIDUP PASIEN HIPERTENSI DI PUSKESMAS UMBULHARJO II KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Hipertensi merupakan salah satu penyakit tidak menular yang sering disebut “*silent killer*” yang paling banyak terjadi di Indonesia. Hipertensi adalah keadaan dimana tekanan darah sistolik dan diastolik melebihi nilai normalnya yaitu ≥ 140 mmHg dan ≥ 90 mmHg. Kepatuhan pasien dalam penggunaan obat merupakan faktor utama dalam penatalaksanaan hipertensi. Kepatuhan penggunaan obat pada penyakit kronis dapat mempengaruhi kualitas hidup pasien.

Tujuan Penelitian: Menganalisis hubungan kepatuhan penggunaan obat antihipertensi terhadap kualitas hidup pasien hipertensi di Puskesmas Umbulharjo II Kota Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan metode *observasional deskriptif analitik* secara *cross-sectional*. Pengambilan data menggunakan kuesioner kepatuhan MMAS-8 dan kuesioner kualitas hidup SF-36 pada 202 pasien yang melakukan kunjungan periode Januari-Desember 2022 di Puskesmas Umbulharjo II Kota Yogyakarta. Teknik pengambilan sampel menggunakan Teknik *purposive sampling* yang kemudian diolah menggunakan program statistika terkomputasi dengan analisis uji *Spearman*.

Hasil Penelitian: Hasil penelitian menunjukkan dari 202 pasien hipertensi, mayoritas berusia >60 tahun (67,33%), jenis kelamin perempuan (65,84%), pendidikan terakhir SMA (42,08%), bekerja sebagai ibu rumah tangga (45,54%), memiliki penyakit penyerta (72,28%), menderita hipertensi selama 1-5 tahun (43,07%), mendapatkan terapi tunggal (92,57%) dengan jenis obat antihipertensi yang paling banyak diminum adalah amlodipin (90,10%), tingkat kepatuhan penggunaan obat antihipertensi kategori sedang (37,62%) dan kualitas hidup kategori tinggi (73,76%).

Kesimpulan: Berdasarkan hasil penelitian dapat disimpulkan terdapat hubungan antara tingkat kepatuhan penggunaan obat antihipertensi terhadap kualitas hidup pasien hipertensi di Puskesmas Umbulharjo II Kota Yogyakarta (*p-value* = 0,001).

Kata Kunci: Hipertensi, Kepatuhan, Kualitas Hidup, MMAS-8, SF-36

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THE RELATIONSHIP BETWEEN THE LEVEL OF ADHRENCE TO THE USE OF ANTIHYPERTENSIVE DRUGS AND THE QUALITY OF LIFE OF HYPERTENSIVE PATIENTS AT THE UMBULHARJO II HEALTH CENTER IN YOGYAKARTA CITY

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ABSTRACT

Background: Hypertension is one of the most common non-communicable diseases which is often called the “silent killer” in Indonesia. Hypertension is a condition where systolic and diastolic blood pressure exceeds normal values, namely ≥ 140 mmHg and ≥ 90 mmHg. Patient compliance in drug use is a major factor in the management of hypertension. Compliance with drug use in chronic diseases can affect the quality of life of patients.

Objective: Analyzing the relationship of adherence to the use of antihypertensive drugs on the quality of life of hypertensive patients at the Umbulharjo II Health Center in Yogyakarta City.

Method: This study used a cross-sectional analytic descriptive observational method. Data were collected using the MMAS-8 compliance questionnaire and the SF-36 quality of life questionnaire in 202 patients who visited the January-December 2022 period at the Umbulharjo II Health Center in Yogyakarta City. The sampling technique uses a purposive sampling technique which is then processed using a computerized statistics program with Spearman test analysis.

Result: The results showed that of the 202 hypertension patients, the majority were >60 years old (67.33%), female (65.84%), graduated high school (42.08%), worked as a housewife (45.54%), had comorbidities (72.28%), suffered from hypertension for 1-5 years (43.07%), received single therapy (92.57%) with the type of antihypertensive drug most commonly taken was amlodipine (90.10%), the level of adherence to the use of antihypertensive drugs was in the moderate category (37.62%) and the quality of life was in the high category (73.76%).

Conclusion: Based on the results of the study it can be concluded that there is a relationship between the level of adherence to the use of antihypertensive drugs on the quality of life of hypertensive patients at the Umbulharjo II Health Center in Yogyakarta City (p -value = 0.001).

Keywords: Hypertension, Adhrence, Quality of Life, MMAS-8, SF-36

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