

HUBUNGAN SOSIODEMOGRAFI PASIEN HIPERTENSI DENGAN KEPATUHAN MINUM OBAT ANTIHIPERTENSI DI PUSKESMAS SANDEN KABUPATEN BANTUL 2022

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INTISARI

Latar Belakang: Hipertensi adalah salah satu faktor risiko terjadinya penyakit kardiovaskular dan menyumbang kematian yang paling banyak di dunia, termasuk di Indonesia. Berdasarkan konteks manajemen hipertensi, kepatuhan terhadap pengobatan antihipertensi dianggap berpengaruh dan menjadi salah satu faktor penyebab memburuknya kondisi pasien hipertensi. Berdasarkan beberapa penelitian yang telah dilakukan menunjukkan masih rendahnya tingkat kepatuhan penggunaan obat antihipertensi. Di samping itu beberapa faktor sosiodemografi juga berpengaruh terhadap tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi.

Tujuan Penelitian: Mengetahui ada tidaknya hubungan antara sosiodemografi dengan tingkat kepatuhan pasien hipertensi dalam minum obat antihipertensi di Puskesmas Sanden.

Metode Penelitian: Penelitian ini menggunakan desain penelitian non-eksperimental analitik dengan pendekatan secara *cross sectional* untuk melihat hubungan sosiodemografi pasien terhadap tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi di Puskesmas Sanden. Adapun jumlah responden pada penelitian ini sebanyak 341 pasien yang diambil dengan menggunakan teknik *Purposive sampling*. Data yang diperoleh dianalisis menggunakan analisis univariat, bivariat dan multivariat dengan menggunakan metode *Chi-square*.

Hasil Penelitian: Berdasarkan sosiodemografi, sebagian besar pasien berusia ≥ 61 tahun (62,5%), memiliki jenis kelamin perempuan (68,3%), memiliki status tingkat pendidikan tinggi (59,2%), dan yang bekerja (65,1%), tidak memiliki kebiasaan merokok (94,1%) ataupun tidak mengonsumsi alkohol (100%), pasien mendapatkan terapi antihipertensi tunggal (68,9%) serta lama menderita hipertensi ≤ 5 tahun (78,59%). Tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi di Puskesmas Sanden masih tergolong sedang dengan nilai rata-rata 5,2. Terdapat hubungan antara sosiodemografi pasien terhadap tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi di wilayah Puskesmas Sanden dengan nilai *p*-value sebesar 0,000 ($< 0,005$).

Kesimpulan: Terdapat hubungan antara sosiodemografi pasien yaitu rejimen terapi dengan tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi di wilayah Puskesmas Sanden

Kata Kunci: Hipertensi, Sosiodemografi, Tingkat Pengetahuan

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SOCIODEMOGRAPHY RELATIONSHIP OF HYPERTENSION PATIENTS WITH COMPLIANCE WITH ANTIHYPERTENSION MEDICINE AT SANDEN PUSKESMAS, BANTUL REGENCY 2022

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ABSTRACT

Background: Hypertension is one of the risk factors for cardiovascular disease and contributes the most deaths in the world, including in Indonesia. Based on the context of hypertension management, adherence to antihypertensive treatment is influential and one of the factors causing the worsening of the condition of hypertensive patients. Based on several studies that have been carried out, it shows that the level of adherence to the use of antihypertensive drugs is still low. In addition, several sociodemographic factors also affect the level of adherence to taking antihypertensive drugs in hypertensive patients.

Research Objectives: To determine whether there is a relationship between sociodemographic and the level of compliance of hypertensive patients in taking antihypertensive drugs at the Sanden Health Center.

Research Methods: This study used an analytic non-experimental research design with a cross sectional approach to see the sociodemographic relationship of patients to the level of adherence to taking antihypertensive drugs in hypertensive patients at the Sanden Health Center. The number of respondents in this study were 341 patients who were taken using purposive sampling technique. The data obtained were analyzed using univariate, bivariate and multivariate analysis using the Chi-square method.

Results: Based on sociodemography, most of the patients were ≥ 61 years old (62.5%), female (68.3%), had a higher education status (59.2%), and were employed (65.1%), did not have a smoking habit (94.1%) or consume alcohol (100%), received single antihypertensive therapy (68.9%), and had a history of hypertension for ≤ 5 years (78.59%). The level of adherence to taking antihypertensive drugs in hypertensive patients at the Sanden Health Center is still moderate, with an average value of 5.2. There is a relationship between patients' sociodemography and the level of adherence to taking antihypertensive drugs in hypertensive patients in the Sanden Health Center area with a p -value of 0.000 (<0.005).

Conclusion: There is a relationship between patients' sociodemography and the level of adherence to taking antihypertensive drugs in hypertensive patients in the Sanden Public Health Center area.

Keywords: Hypertension, Sociodemography, Knowledge Level

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