

GAMBARAN KEPATUHAN MINUM OBAT PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS PANDAK 1

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INTISARI

Latar Belakang: Menurut WHO (2020) , sekitar 600 juta orang di seluruh dunia menderita hipertensi, yang menyebabkan 3 juta kematian tahunan. Secara global, terdapat 1 miliar penderita hipertensi, mayoritas di negara berkembang, dengan Asia Tenggara menjadi daerah dengan angka kematian tinggi. Di Indonesia, prevalensi hipertensi mencapai 25,8%, terutama di DIY. Di Puskesmas Pandak, dari 4.048 penderita hipertensi, hanya 36% yang rutin berobat. Kepatuhan terhadap pengobatan, yang umumnya berkisar antara 50-70%, sangat penting untuk mengontrol tekanan darah.

Tujuan Penelitian: Penelitian ini untuk mengetahui gambaran kepatuhan minum obat pada penderita hipertensi di wilayah kerja Puskesmas Pandak 1.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif non-eksperimen dengan desain deskriptif dengan metode *cross sectional*. Jumlah sampel dalam penelitian ini adalah sebanyak 95 responden dengan Teknik *purposive sampling*.

Hasil : Hasil dari penelitian berdasarkan kepatuhan minum obat, untuk tingkat kepatuhan tinggi sebanyak 53 responden (55,8%), tingkat kepatuhan sedang sebanyak 34 responden (35,8%), kepatuhan rendah sebanyak 8 responden (8,4%).

Kesimpulan : Karakteristik kepatuhan minum obat penderita hipertensi di Puskesmas Pandak 1 yaitu yang memiliki tingkat kepatuhan tinggi sebanyak 53 orang (55,8%), tingkat kepatuhan sedang sebanyak 34 responden (35,8%), kepatuhan rendah sebanyak 8 responden (8,4%).

Kata Kunci: Kepatuhan Minum Obat, Hipertensi

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THE DESCRIPTION OF SELF COMPLIANCE IN PATIENTS WITH HYPERTENSION IN THE WORKING AREA OF PANDAK 1 HEALTH CENTER

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ABSTRACT

Background : According to WHO (2020) , appoximetely 600 milion people worldwide suffer from hypertension, which causes 3 million annual deaths. Globally, there are 1 billion people with hypertension, the majority in developing countries, with Southeast Asia being the region with the highest mortality rate. In Indonesia, the prevalence of hypertension reaches 25,8%, especially in DIY. In Puskesmas Pandak, out of 4.048 people with hypertension, only 36% regularly seek treatment. Anherence to treatmen, which generally ranges from 50-70%, is crucial to control blood pressure.

Research Objective : This study is to determine the description of medication compliance in patients with hypertension in the Pandak 1 Health Center work area.

Research Methods : This study is a non-experimental quantitative study with a descriptive design with a cross sectional method. The number of samples in this study were 95 respondents with purposive sampling technique.

Results : The results of dietary research based on compliance with taking medication, for a high level of compliance as many as 53 respondents (55,8%), a moderate level of compliance as many as 34 respondents (35,8%), low compliance as many as 8 respondents (8,4%).

Conclusion : The characteristics of adherence to taking medication for hypertension patients at Pandak 1 Health Center, namerly those with a high level of compliance as many as 53 respondents.

Keywords : Medication Adherence, Hypertension.

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