

PENGARUH PEMBERIAN MEDIA EDUKASI TERHADAP KEPATUHAN DAN LUARAN KLINIS PASIEN HIPERTENSI DI PUSKESMAS SEWON I YOGYAKARTA

Santika Lutfi Octaviana¹, Siwi Padmasari², Sugiyono²

INTISARI

Latar Belakang: Hipertensi termasuk penyakit kronis yang memerlukan tingkat kepatuhan pasien dalam menjalani pengobatannya karena dilakukan dalam kurun waktu yang lama. Kepatuhan termasuk faktor yang mempengaruhi hasil tekanan darah. Permasalahan ketidakpatuhan pengobatan antihipertensi juga menjadi hambatan dalam pengendalian tekanan darah sehingga diperlukan adanya intervensi yang dapat membantu meningkatkan kepatuhan terapi salah satunya media edukasi.

Tujuan Penelitian: Menganalisis hubungan pemberian media edukasi terhadap tingkat kepatuhan dan hasil tekanan darah pada pasien hipertensi di Puskesmas Sewon I Yogyakarta.

Metode Penelitian: *Quasi experimental* dengan rancangan *pretest-posttest one group* secara prospektif. Total sampel dalam penelitian ini sebanyak 35 sampel yang dipilih secara *accidental sampling*. Pengambilan sampel pada data kepatuhan dilakukan dengan teknik wawancara menggunakan kuesioner MMAS-8 (*Morisky Medication Adherence Scale-8*) dan luaran klinik diambil dari data rekam medis.

Hasil Penelitian: Hasil analisis bivariat menggunakan uji beda berupa uji *Wilcoxon* yang diperoleh $p\text{-value}=0,000$ ($p<0,05$) untuk data kepatuhan dan luaran klinik yang menunjukkan adanya pengaruh yang signifikan. Berdasarkan data *pretest* mayoritas pasien memiliki kepatuhan rendah sebanyak 21 pasien (60,0%) dan luaran klinik tidak terkontrol sebanyak 34 pasien (97,1%) setelah diberikan intervensi diperoleh data *posttest* dengan mayoritas pasien memiliki kepatuhan tinggi 23 responden (65,7%) dan luaran klinik terkontrol sebanyak 19 pasien (54,3%). Terjadi peningkatan rata-rata pada skor kepatuhan dari 5,7 menjadi 7,5 dan penurunan pada luaran klinik berupa tekanan darah dari 147,8/87,8 mmHg menjadi 132,2/16,5 mmHg.

Kesimpulan: Terdapat hubungan antara pemberian media edukasi dengan kepatuhan dan luaran klinik pasien hipertensi di Puskesmas Sewon I Yogyakarta ($p=0,000$).

Kata Kunci: kepatuhan; *leaflet*; luaran klinik; MMAS-8.

¹Mahasiswa Prodi Farmasi Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

²Dosen Prodi Farmasi Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

**THE EFFECT OF PROVIDING EDUCATIONAL MEDIA
ON ADHERENCE AND CLINICAL OUTCOMES
OF HYPERTENSIVE PATIENTS AT
SEWON I HEALTH CENTER
YOGYAKARTA**

Santika Lutfi Octaviana¹, Siwi Padmasari², Sugiyono²

ABSTRACT

Background: Hypertension is a chronic disease that requires patient compliance in undergoing treatment because it is carried out over a long period of time. Compliance is one of the factors that influence blood pressure results. The problem of non-adherence to antihypertensive treatment is also an obstacle in controlling blood pressure so that interventions are needed that can help improve compliance with therapy, one of which is educational media.

Objective: To analyse the effect of providing educational media on the level of compliance and blood pressure outcomes in hypertensive patients.

Method: Quasi experimental with prospective one group pretest-posttest design. The total sample in this study was 35 samples selected by accidental sampling. Sampling of adherence data was carried out using interview techniques using the MMAS-8 (Morisky Medication Adherence Scale-8) questionnaire and clinical outcomes were taken from medical record data.

Result: The results of bivariate analysis using a different test in the form of the Wilcoxon test obtained p-value = 0.000 ($p < 0.05$) for compliance data and clinical outcomes which showed a significant effect. Based on pretest data, the majority of patients had low compliance as many as 21 patients (60.0%) and uncontrolled clinical outcomes as many as 34 patients (97.1%) after the intervention, posttest data were obtained with the majority of patients having high compliance 23 respondents (65.7%) and controlled clinical outcomes as many as 19 patients (54.3%). There was an increase in the average compliance score from 5.7 to 7.5 and decrease in clinical outcomes in the form of blood pressure from 147.8/87.8 mmHg to 132.2/16.5 mmHg.

Conclusion: There is a relationship between the provision of educational media with adherence and clinical outcomes of hypertensive patients at Health Center Sewon I Yogyakarta ($p=0,000$).

Keyword: adherence; clinical outcomes; *leaflet*; MMAS-8.

¹Student of Pharmacy Study Programme, Faculty of Health, Jenderal Achmad Yani Yogyakarta University.

²Lecturer of Pharmacy Study Programme, Faculty of Health, Jenderal Achmad Yani Yogyakarta University.