

**HUBUNGAN PERAN EDUKATOR PERAWAT DENGAN KEPATUHAN
PASIEN DALAM MENJALANI TERAPI OBAT HIPERTENSI DI
PUSKESMAS KASIHAN 1 BANTUL**

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INTISARI

Latar Belakang : Hipertensi adalah tekanan darah rata-rata 140 mmHg atau lebih tinggi dan/atau rata-rata 90 mmHg atau lebih tinggi. Penyebab utama meningkatnya hipertensi yang memiliki prevalensi tertinggi dan semakin parah setiap tahunnya adalah orang-orang yang tidak minum obat sesuai resep. Karena hipertensi merupakan kondisi kronis yang tidak dapat diobati, maka sangat penting bagi penderita untuk memenuhi rencana pengobatan mereka guna mencegah konsekuensi yang dapat mengakibatkan kematian.

Tujuan : Mengetahui adanya hubungan peran edukator perawat terhadap kepatuhan pasien dalam menjalani terapi obat hipertensi di Puskesmas Kasihan 1 Bantul.

Metode : Penelitian ini merupakan jenis penelitian kuantitatif. Rancangan penelitian menggunakan pendekatan *crosssectional*. Pengambilan sampel ini menggunakan teknik sampling yaitu pasien hipertensi di Puskesmas Kasihan 1 Bantul. Menggunakan uji statistik *kendall-tau*. Jumlah sampel pada penelitian ini sebanyak 93 orang, dengan kriteria pasien usia 30-60 tahun. Penelitian ini menggunakan kuesioner MMAS-8 dan kuesioner perawat edukator perawat.

Hasil : Pada penelitian ini didapatkan hasil *p-value* = 0,035 atau lebih besar α = 0.05, artinya ada hubungan antara peran edukator perawat dengan kepatuhan pasien dalam menjalani terapi obat hipertensi di Puskesmas Kasihan 1 Bantul.

Kesimpulan : Ada hubungan antara peran edukator perawat dengan kepatuhan minum obat pada pasien hipertensi di Puskesmas Kasihan 1 Bantul.

Kata Kunci : Hipertensi, Peran Edukator Perawat, Kepatuhan

**THE RELATIONSHIP BETWEEN NURSE EDUCATOR ROLE AND
PATIENT COMPLIANCE IN HYPERTENSION DRUG THERAPY AT
KASIHAN 1 BANTUL HEALTH CENTER**

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Abstract

Background: Hypertension is defined as an average blood pressure of 140 mm Hg or higher and/or an average blood pressure of 90 mm Hg or higher. The main cause of hypertension, which has the highest prevalence and is getting worse every year, is people not taking their medication as prescribed. Because hypertension is a chronic, incurable disease, it is imperative that patients adhere to their medication regimen to prevent potentially fatal consequences.

Objective: To determine the relationship between nurse educator role and patient compliance in undergoing hypertension drug therapy at Kasihan 1 Bantul Health Center.

Methods: This research is classified as quantitative. A cross-sectional strategy was adopted in the research design. In this study, hypertension patients at Kasihan 1 Bantul Health Center are the sample subjects. employing the Kendall-Tau statistical test. There were 93 samples in this study, and the patients had to be between the ages of 30 and 60. The MMAS-8 questionnaire and the nurse educator n questionnaire were employed in this study.

Results: The findings of this study showed a p-value of 0.035 or higher ($\alpha = 0.05$), indicating a relationship between the function of nurse educators and patient compliance with medication therapy for hypertension at Kasihan 1 Bantul Health Center.

Conclusion: There is a relationship between hypertension patients' medication adherence and the nurse educator's involvement at Kasihan 1 Bantul Health Center.

Keywords: Hypertension, Nurse Educator Role, Compliance