

# HUBUNGAN KEPATUHAN PENGOBATAN ANTIHIPERTENSI TERHADAP KEBERHASILAN TERAPI PADA PASIEN LANJUT USIA DI PUSKESMAS TEMPEL II

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## INTISARI

**Latar Belakang:** Hipertensi disebut sebagai *the silent disease*. Berdasarkan Survei Kesehatan Indonesia (SKI) 2023, hipertensi menyumbang 10,2% dari total kematian. Data menunjukkan bahwa di Yogyakarta, prevalensi hipertensi mencapai 13%, menjadikannya daerah dengan kasus tertinggi kedua setelah Jakarta. Di Kabupaten Sleman, prevalensi mencapai 32,02%, menunjukkan perlunya penanganan serius terhadap hipertensi. Keberhasilan terapi hipertensi tidak hanya bergantung pada jenis obat yang dikonsumsi, tetapi juga pada tingkat kepatuhan pasien dalam menjalani terapi antihipertensi.

**Tujuan Penelitian:** Mengidentifikasi apakah terdapat hubungan antara kepatuhan dalam pengobatan antihipertensi dengan keberhasilan terapi pada pasien lanjut usia di Puskesmas Tempel II.

**Metode Penelitian:** Penelitian ini menggunakan metode observasional dengan pendekatan *cross-sectional* menggunakan instrument *Morisky Medication Adherence Scale* (MMAS-8). Penelitian ini dilaksanakan di Puskesmas Tempel II pada bulan Mei 2025 menggunakan teknik sampling *purposive sampling* dengan jumlah sampel yaitu 43 pasien. Data yang diperoleh dianalisis menggunakan metode univariat dalam bentuk persentase dan hubungan kepatuhan dengan keberhasilan terapi dianalisis dengan metode bivariat menggunakan uji *Chi-square*.

**Hasil Penelitian:** Hasil penelitian menunjukkan mayoritas responden berusia 60-69 tahun (74,42%), jenis kelamin perempuan (69,77%), Pendidikan SD (46,51%), status pekerjaan tidak bekerja (76,74%), dan lama menderita hipertensi 1-5 tahun (76,74%). Tingkat kepatuhan rendah yaitu (27,91%), kepatuhan sedang (16,28%), dan kepatuhan tinggi (55,81%). Dari hasil analisis menggunakan *Chi-square* diperoleh  $p=0,890$  ( $>0,05$ ) yang artinya tidak terdapat hubungan yang signifikan antara kepatuhan pengobatan terhadap keberhasilan terapi pada pasien lanjut usia hipertensi di Puskesmas Tempel II.

**Kesimpulan:** Tidak terdapat hubungan antara kepatuhan pengobatan terhadap keberhasilan terapi pada pasien lanjut usia hipertensi di Puskesmas Tempel II.

**Kata kunci:** Hipertensi, kepatuhan, lansia, puskesmas

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# RELATIONSHIP BETWEEN ANTIHYPERTENSION TREATMENT COMPLIANCE ON THE SUCCESS OF THERAPY IN PATIENTS ELDERLY AT TEMPEL II COMMUNITY HEALTH CENTER

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## ABSTRACT

**Background:** Hypertension is called the silent disease. Based on the 2023 Indonesian Health Survey (SKI), hypertension contributed to 10.2% of total deaths. Data shows that in Yogyakarta, the prevalence of hypertension reached 13%, making it the area with the second highest cases after Jakarta. In Sleman Regency, the prevalence reached 32.02%, indicating the need for serious treatment of hypertension. The success of hypertension therapy depends not only on the type of medication consumed, but also on the level of patient compliance in undergoing antihypertensive therapy.

**Objective:** To identify whether there is a relationship between compliance in antihypertensive treatment and the success of therapy in elderly patients at Tempel II Health Center.

**Method:** This study used an observational method with a cross-sectional approach using the Morisky Medication Adherence Scale (MMAS-8) instrument. This study was conducted at the Tempel II Health Center in May 2025 using a purposive sampling technique with a sample size of 43 patients. The data obtained were analyzed using the univariate method in the form of percentages and the relationship between adherence and therapy success was analyzed using the bivariate method using the Chi-square test.

**Results:** The results showed that the majority of respondents were aged 60-69 years (74.42%), female gender (69.77%), elementary school education (46.51%), unemployed status (76.74%), and had suffered from hypertension for 1-5 years (76.74%). The level of compliance was low (27.91%), moderate compliance (16.28%), and high compliance (55.81%). From the results of the analysis using Chi-square,  $p = 0.890 (> 0.05)$  was obtained, which means that there is no significant relationship between medication compliance and the success of therapy in elderly hypertensive patients at Tempel II Health Center.

**Conclusion:** There is no relationship between medication compliance and therapy success in elderly hypertensive patients at Tempel II Health Center.

**Keywords:** Hypertension, compliance, elderly, health center

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