

KAJIAN HUBUNGAN KARAKTERISTIK PASIEN HIPERTENSI DENGAN KEPATUHAN MINUM OBAT ANTIHIPERTENSI DI RS PKU MUHAMMADIYAH GAMPING

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INTISARI

Latar Belakang: Hipertensi merupakan suatu keadaan di mana terjadi peningkatan tekanan darah secara abnormal dan terjadi terus-menerus pada beberapa kali pemeriksaan tekanan darah. Manajemen penggunaan obat antihipertensi menjadi salah satu faktor yang mempengaruhi keberhasilan pengobatan pasien. Berdasarkan beberapa penelitian yang telah dilakukan, tingkat kepatuhan dalam menggunakan obat antihipertensi masih tergolong rendah. Selain itu, beberapa faktor karakteristik pasien juga mempengaruhi tingkat kepatuhan pasien dalam penggunaan obat antihipertensi.

Tujuan Penelitian: Mengetahui hubungan antara karakteristik dengan tingkat kepatuhan pasien hipertensi dalam minum obat antihipertensi di RS PKU Muhammadiyah Gamping.

Metode Penelitian: Metode penelitian ini adalah observasional deskriptif analitik dengan pendekatan *cross-sectional* untuk melihat hubungan karakteristik pasien dengan kepatuhan minum obat antihipertensi pada pasien hipertensi di RS PKU Muhammadiyah Gamping. Instrumen yang digunakan adalah kuesioner MMAS-8. Jumlah responden pada penelitian ini sebanyak 96 pasien yang diambil dengan menggunakan teknik Total *sampling* pada periode waktu bulan Juli 2024. Data yang diperoleh dianalisis menggunakan analisis univariat, bivariat menggunakan uji *Chi-Square* dan multivariat uji regresi *log-binary*.

Hasil Penelitian: Berdasarkan karakteristik, sebagian pasien berusia ≤ 60 tahun (54,17%), berjenis kelamin perempuan (59,37%), memiliki status pendidikan rendah (85,42%), serta dengan status tidak bekerja (56,25%). Pasien mendapatkan terapi antihipertensi tunggal (66,67%), serta lama menderita hipertensi ≤ 5 tahun (56,25%). Tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi di RS PKU Muhammadiyah Gamping tergolong sedang (44,79%).

Kesimpulan: Terdapat hubungan 2 karakteristik pasien, yaitu rejimen terapi dan lama menderita hipertensi yang mempunyai *p-value* $< 0,05$ terhadap kepatuhan minum obat antihipertensi.

Kata Kunci: Hipertensi, Karakteristik, Kepatuhan

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STUDY OF THE RELATIONSHIP BETWEEN CHARACTERISTICS OF HYPERTENSION PATIENTS AND COMPLIANCE IN TAKING ANTIHYPERTENSION MEDICATION AT PKU MUHAMMADIYAH GAMPING

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ABSTRACT

Background: Hypertension is a condition where there is an abnormal increase in blood pressure and occurs continuously during several blood pressure checks. Management of the use of antihypertensive drugs is one of the factors that influences the success of patient treatment. Based on several studies that have been conducted, the level of compliance in using antihypertensive drugs is still relatively low. In addition, several patient characteristic factors also influence the level of patient compliance in using antihypertensive drugs.

Objective: To determine the relationship between characteristics and the level of compliance of hypertensive patients in taking antihypertensive medication at PKU Muhammadiyah Gamping Hospital.

Methods: This research method is observational descriptive analytic with a cross-sectional approach to see the relationship between patient characteristics and adherence to taking antihypertensive medication in hypertensive patients at PKU Muhammadiyah Gamping Hospital. The instrument used was the MMAS-8 questionnaire. The number of respondents in this study was 96 patients taken using total sampling techniques in the time period of July 2024. The data obtained were analyzed using univariate, bivariate analysis using the Chi-Square test and multivariate log-binary regression test.

Result: Based on characteristics, some patients were aged ≤ 60 years (54.17%), female (59.37%), had low educational status (85.42%), and were unemployed (56.25%). Patients received single antihypertensive therapy (66.67%), and had suffered from hypertension for ≤ 5 years (56.25%). The level of compliance with taking antihypertensive medication in hypertensive patients at PKU Muhammadiyah Gamping Hospital is classified as moderate (44.79%).

Kesimpulan: There is a relationship between 2 patient characteristics, namely therapy regimen and duration of suffering from hypertension which has a p-value < 0.05 on adherence to taking antihypertensive medication.

Keywords: Hypertension, Characteristics, Compliance

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