

# HUBUNGAN TINGKAT KEPATUHAN MINUM OBAT ANTIHIPERTENSI DENGAN *OUTCOME* TERAPI PADA PASIEN HIPERTENSI DI PUSKESMAS MLATI I

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## INTISARI

**Latar Belakang:** Hipertensi adalah salah satu penyakit tidak menular yang paling umum dan menjadi salah satu penyebab utama morbiditas dan mortalitas. Hipertensi tidak dapat disembuhkan tetapi dapat dikontrol atau dikendalikan tekanan darahnya, sehingga membutuhkan pengobatan jangka panjang yang berpotensi menyebabkan pasien tidak patuh. Ketidakepatuhan minum obat menyebabkan *outcome* terapi tidak tercapai, sehingga dapat meningkatkan risiko terjadinya komplikasi

**Metode Penelitian:** Penelitian observasional dengan desain *cross sectional*. Teknik sampling menggunakan metode *accidental sampling* dengan jumlah sampel sebanyak 80 responden. Data kepatuhan diukur menggunakan kuesioner MMAS-8. Analisis data berupa analisis univariat menggunakan *microsoft excel* dan analisis bivariat menggunakan uji *Chi Square*.

**Hasil Penelitian:** Hasil penelitian menunjukkan mayoritas responden berjenis kelamin perempuan 81,25%, berusia 56-65 tahun 53,75%, berpendidikan terakhir SMA/ sederajat 41,3%, bekerja sebagai buruh/sopir/IRT 52,50% dan lama menderita hipertensi sama banyak selama <5 tahun dan ≥5 tahun (50%). Tingkat kepatuhan minum obat pasien hipertensi mayoritas termasuk kategori kepatuhan tinggi sebanyak 50%. Hasil analisis bivariat menggunakan uji *chi square* menunjukkan nilai *p value* = 0,424 (*p*>0,05).

**Kesimpulan:** Tidak terdapat hubungan antara kepatuhan minum obat antihipertensi dengan *outcome* terapi pada pasien hipertensi di Puskesmas Mlati I Yogyakarta.

**Kata Kunci:** Hipertensi; Kepatuhan; *Outcome* Terapi

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**THE RELATIONSHIP BETWEEN THE LEVEL OF COMPLIANCE IN  
TAKING ANTIHYPERTENSIVE MEDICATION AND THERAPY  
OUTCOMES IN HYPERTENSIVE PATIENTS AT MLATI I  
COMMUNITY HEALTH CENTER**

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**ABSTRACT**

**Background:** Hypertension is one of the most common non-communicable diseases and is one of the leading causes of morbidity and mortality. Hypertension cannot be cured but its blood pressure can be controlled, requiring long-term treatment that may lead to patient non-compliance. Non-compliance with medication results in unmet therapeutic outcomes, potentially causing complications.

**Research method:** Observational study with a cross-sectional design. Sampling technique used was accidental sampling with a total sample of 80 respondents. Compliance data were measured using the MMAS-8 questionnaire. Data analysis included univariate analysis using Microsoft Excel and bivariate analysis using the Chi Square test.

**Results:** The research results indicate that the majority of respondents are female at 81.25%, aged 56-65 years at 53.75%, have a last education level of high school or equivalent at 41.3%, work as laborers/drivers/housewives at 52.50%, and have suffered from hypertension for less than 5 years and 5 years or more equally at 50%. The level of medication adherence among hypertensive patients is predominantly in the high adherence category, amounting to 50%. The bivariate analysis using the chi-square test showed a p-value of 0,424 ( $p>0.05$ ).

**Conclusion:** There is no relationship between adherence to antihypertensive medication and therapy outcomes in hypertensive patients at the Mlati I Community Health Center in Yogyakarta.

**Keywords:** Compliance; Hypertension; Therapy Outcome

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