

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEPATUHAN PENATALAKSANAAN HIPERTENSI PADA LANSIA DI PUSKESMAS PAJANGAN BANTUL

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INTISARI

Latar Belakang : Berdasarkan data Riset Kesehatan Dasar (Riskesdas) tahun 2013 angka prevalensi hipertensi di Indonesia adalah 45.9%. Hipertensi disebut *the silent killer* yang diderita oleh lebih dari 25% orang dewasa di dunia. Kepatuhan pada penatalaksanaan hipertensi merupakan faktor yang sangat penting untuk mengontrol tekanan darah. Perilaku kepatuhan berobat dipengaruhi oleh faktor pengetahuan, motivasi, dukungan petugas kesehatan dan keluarga, serta keterjangkauan pelayanan kesehatan.

Tujuan Penelitian : Mengetahui faktor-faktor yang berhubungan dengan kepatuhan penatalaksanaan hipertensi pada lansia di Puskesmas Pajangan Bantul.

Metode Penelitian : Jenis penelitian deskriptif korelasi dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *purposive sampling* sebanyak 82 responden. Instrumen penelitian adalah kuesioner. Hasil penelitian dianalisis dengan uji *Kendall's tau*.

Hasil penelitian : Hasil uji *kendall tau* faktor-faktor yang berhubungan dengan kepatuhan penatalaksanaan hipertensi pada lansia di Puskesmas Pajangan Bantul, pada variabel pengetahuan ($p=0.000$), motivasi ($p=0.000$), keterjangkauan pelayanan kesehatan ($p=0.000$), dukungan petugas kesehatan ($p=0,000$), dan dukungan keluarga ($p=0.013$).

Kesimpulan : Faktor-faktor yang berhubungan dengan kepatuhan penatalaksanaan hipertensi pada lansia di Puskesmas Pajangan Bantul adalah pengetahuan, motivasi, keterjangkauan pelayanan kesehatan, dukungan petugas kesehatan, dan dukungan keluarga.

Kata kunci : kepatuhan, penatalaksanaan hipertensi, lanjut usia

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FACTORS RELATED TO THE COMPLIANCE ON HYPERTENSION MANAGEMENT OF THE OLDER PEOPLE IN PAJANGAN PUBLIC HEALTH CENTER BANTUL

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ABSTRACT

Background : According to The Basic Health Research Data in 2013, the prevalence of hypertension in Indonesia is 45.9 %. Hypertension is a silent killer which suffered by more than 25% of adult people in the world. The compliance on hypertension management is an important factor to control blood pressure. It is affected by some factors such as knowledge motivation, support of health care provider and family, and also affordability of health services.

Objective : This study aimed to identify factors related to the compliance on hypertension management of the older people in Pajangan Public Health Center Bantul.

Research Methodology: This was a correlation descriptive study with *cross sectional* approach. The samples of 82 respondents were selected using purposive sampling technique. Questionnaire was used to collect the data. The result of this research was analyzed using *Kendall's tau* test.

Findings: The result of *Kendall tau* test showed that the factors which related to the compliance on hypertension management of the older people in Pajangan Public Health Center Bantul were knowledge ($p= 0.000$), motivation ($p=0.000$), affordability of health care services ($p=0.000$), health care provider's support ($p=0.000$), and family support ($p=0.013$) .

Conclusion : Factors related to the compliance on hypertension management of the older people in Pajangan Public Health Center Bantul were knowledge, motivation, affordability of health care services, health care provider's support, and family support.

Key word : Compliance, hypertension management, older people

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