

ABSTRAK
GAMBARAN KEPATUHAN PENDERITA HIPERTENSI DALAM
MENJALANI PENGOBATAN DI WILAYAH
KERJA PUSKESMAS LUMBANG
KABUPATEN PASURUAN

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Kejadian hipertensi cenderung tidak bergejala, namun bila tidak dilakukan pengobatan yang teratur dapat menimbulkan komplikasi yang serius. Kebutuhan minum obat secara teratur inilah yang menjadi alasan ketidakpatuhan pada pengobatan hipertensi. Kepatuhan mengkonsumsi obat untuk penderita hipertensi sangat berguna sebab obat antihipertensi yang dikonsumsi secara teratur mampu menyetabilkan dan mengontrol tekanan darah. Sesuai tujuan penelitian ini untuk mengintegrasikan tingkat kepatuhan pasien dalam melakukan pengobatan di Puskesmas Lumbang Kabupaten Pasuruan. Tampilan penelitian ini berupa *Deskriptif Observasional* dengan populasi seluruh penderita hipertensi di wilayah kerja Puskesmas Lumbang sebanyak 1075 dengan menggunakan teknik *Quota Sampling* diperoleh sampel 214 responden. Data diambil menggunakan metode wawancara dan pembagian lembar kuesioner *Morisky Medication Adherence Scale 8 (MMAS-8)* kemudian diolah dengan *Microsoft Excel* dan *SPSS Versi 24.0*. Diperoleh hasil pasien yang memiliki tingkat kepatuhan tinggi sebesar (51,4%) 110 responden, kepatuhan sedang 67(31,3%) responden serta kepatuhan rendah sebanyak 37 (17,3%) responden. Hasil penelitian ini ditampilkan berupa narasi dan tabel karakteristik responden, setelah dilakukan *cross tab* pada uji *chi square* didapatkan tidak terdapat hubungan untuk kategori jenis kelamin p value = 0,718, usia p value = 0,681, pekerjaan p value = 0,843, sedangkan terdapat hubungan untuk kategori tingkat pendidikan p value = 0,000, jarak rumah ke fasilitas kesehatan p value = 0,000 serta adanya pendamping saat berobat p value = 0,000 dengan kepatuhan berobat pasien hipertensi.

Kata Kunci : Kepatuhan, Hipertensi

ABSTRACT

DESCRIPTION OF COMPLIANCE WITH HYPERTENSION PATIENTS UNDERWRITING TREATMENT IN THE WORKING AREA OF LUMBANG PUSKESMAS, PASURUAN DISTRICT

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Hypertension tends to be asymptomatic, but if regular treatment is not carried out, it can cause serious complications. The need to take medication regularly is the reason for non-compliance with hypertension treatment. Compliance with taking medication for people with hypertension is very useful because antihypertensive drugs that are taken regularly can stabilize and control blood pressure. In accordance with the purpose of this study to interpret the level of patient compliance in carrying out treatment at the Lumbang Health Center, Pasuruan Regency. The appearance of this research is in the form of descriptive observational with a population of all hypertensive patients in the working area of the Lumbang Public Health Center as many as 1075 using the Quota Sampling technique to obtain a sample of 214 respondents. Data were collected using the interview method and distribution of Morisky Medication Adherence Scale 8 (MMAS-8) questionnaire sheets and then processed using Microsoft Excel and SPSS Version 24.0. The results obtained were patients who had a high level of compliance (51.4%) 110 respondents, moderate compliance 67 (31.3%) respondents and low compliance 37 (17.3%) respondents. The results of this study are displayed in the form of a narrative and table of respondent characteristics. After cross tabbing the chi square test, it was found that there was no relationship for the gender category p value = 0.718, age p value = 0.681, occupation p value = 0.843, while there was a relationship for the level category. education p value = 0.000, distance from home to health facilities p value = 0.000 and the presence of a companion during treatment p value = 0.000 with adherence to treatment of hypertensive patients

Keywords: Compliance, Hypertension