

Gambaran Tingkat Kepatuhan Minum Obat Pasien Hipertensi di Puskesmas Candi Kabupaten Sidoarjo

ABSTRAK

Hipertensi ialah sebagian penyakit tak menular yang prevalensinya terus menaik di Indonesia. Tidak patuh minum obat merupakan sebagian faktor yang menyebabkan sulitnya mengontrol tekanan darah pada pasien hipertensi. Studi ini tujuannya untuk memahami gambaran tingkat ketaatan minum obat pada pasien hipertensi di Puskesmas Candi, Kabupaten Sidoarjo. Studi ini menggunakan metode deskriptif dengan pendekatan cross-sectional. Sampel penelitian ialah 44 pasien hipertensi yang hadir ke Puskesmas Candi dan mencapai kriteria inklusi. Pengumpulan data dijalankan dengan wawancara memanfaatkan kuesioner Morisky Medication Adherence Scale (MMAS-8). Data dianalisis secara deskriptif dengan menghitung persentase tingkat kepatuhan. Hasil penelitian memperlihatkan bahwasanya 20,5% pasien hipertensi di Puskesmas Candi mempunyai ketaatan rendah dalam minum obat, 45,5% mempunyai ketaatan sedang, dan 34,1% yang mempunyai ketaatan tinggi. Faktor-faktor yang mempengaruhi ketidakpatuhan diantaranya lupa minum obat, tak mengerti arahan pengobatan, efek samping obat, dan tidak merasa sakit. Kesimpulan dari studi ini ialah tingkat ketaatan mengonsumsi obat pada pasien hipertensi di Puskesmas Candi tergolong rendah. Diperlukan edukasi dan pendekatan yang tepat dari tenaga kesehatan untuk menumbuhkan ketaatan minum obat sehingga tekanan darah pasien bisa terkendalikan dengan baik.

Kata Kunci : Hipertensi, Kepatuhan Minum Obat, Puskesmas

***Description of the Level of Compliance with Taking Medication Hypertension
Patients at the Candi Community Health Center
Sidoarjo Regency***

ABSTRAC

The number of people in Indonesia with hypertension, a non-communicable disease, keeps rising. Non-compliance with taking medication is one of the factors that causes difficulty in controlling blood pressure in hypertensive patients. This study aims to determine the level of medication compliance among hypertensive patients at the Candi Community Health Center, Sidoarjo Regency. This study uses a descriptive method with a cross-sectional approach. The research sample was 44 hypertensive patients who visited the Candi Community Health Center and met the inclusion criteria. Data collection was carried out by interviews using the Morisky Medication Adherence Scale (MMAS-8) questionnaire. Data were analyzed descriptively by calculating the percentage of compliance level. The study findings revealed that 20.5% of hypertensive patients at the Candi Community Health Center had low compliance in taking medication, 45.5% had moderate compliance, and 34.1% had high compliance. Factors that influence non-compliance include forgetting to take medication, not understanding medication instructions, side effects of medication, and not feeling sick. The study's findings indicate that medication adherence is at a certain level among hypertensive patients at the Candi Community Health Center is relatively low. Education and the right approach from health workers is needed to increase adherence to taking medication so that patients' blood pressure can be controlled well.

Key Words : Hypertension, Medication Adherence, Community Health Center