

TINGKAT KEPATUHAN MINUM OBAT PADA PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS PACARKELING SURABAYA

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ABSTRAK

Hipertensi adalah penyakit kronis membutuhkan pengobatan jangka panjang secara teratur. Tingkat kepatuhan pasien dalam minum obat menjadi faktor penting dalam keberhasilan terapi dan pencegahan komplikasi. Penelitian ini bertujuan untuk mengetahui tingkat kepatuhan minum obat pada pasien hipertensi di wilayah kerja Puskesmas Pacarkeling Surabaya serta mengidentifikasi faktor-faktor yang memengaruhinya berdasarkan usia, jenis kelamin, pekerjaan, serta lama menderita. Desain penelitian mengenakan metode deskriptif kuantitatif mengenakan pendekatan cross-sectional. Sampel sebesar 146 pasien hipertensi diambil menggunakan teknik accidental sampling. Pengumpulan data dilakukan melalui kuesioner *Morisky Medication Adherence Scale* (MMAS-8). Data penelitian ini dianalisis mengenakan distribusi frekuensi serta presentase. Hasil penelitian memperlihatkan jika sebagian besar pasien hipertensi mempunyai tingkat kepatuhan rendah, hampir setengahnya memiliki tingkat kepatuhan sedang, beserta sebagian kecil memiliki tingkat kepatuhan tinggi. Tingkat kepatuhan pasien hipertensi di wilayah kerja Puskesmas Pacarkeling Surabaya masih perlu ditingkatkan, khususnya melalui edukasi rutin dan dukungan keluarga. Diharapkan hasil penelitian ini bisa menjadi acuan bagi tenaga kesehatan dalam menyusun strategi intervensi guna meningkatkan kepatuhan pasien dalam pengelolaan hipertensi.

Kata kunci : Hipertensi, Kepatuhan Minum Obat, MMAS-8

**LEVEL OF COMPLIANCE IN TAKING MEDICATION IN
HYPERTENSION PATIENTS IN THE WORK AREA OF PACARKELING
COMMUNITY HEALTH CENTER, SURABAYA**

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ABSTRACT

Hypertension is a chronic disease requiring regular, long-term treatment. Patient adherence to medication is a crucial factor in the success of therapy and the prevention of complications. This study aims to determine the level of medication adherence among hypertensive patients in the Pacarkeling Community Health Center in Surabaya and to identify influencing factors based on age, gender, occupation, and duration of the condition. The study design employed a quantitative descriptive method with a cross-sectional approach. A sample of 146 hypertensive patients was selected using an accidental sampling technique. Data collection was conducted using the Morisky Medication Adherence Scale (MMAS-8) questionnaire. The data were analyzed using frequency distribution and percentages. The results showed that the majority of hypertensive patients had low adherence, nearly half had moderate adherence, and a small proportion had high adherence. The level of adherence among hypertensive patients in the Pacarkeling Community Health Center in Surabaya still needs to be improved, particularly through routine education and family support. It is hoped that the results of this study can serve as a reference for healthcare professionals in developing intervention strategies to improve patient adherence in hypertension management.

Keywords : *Hypertension, Medication Adherence, MMAS-8*