HUBUNGAN KEPATUHAN KONSUMSI OBAT ANTI HIPERTENSI TERHADAP TEKANAN DARAH PASIEN HIPERTENSI DI PUSKESMAS TAMBAK II KABUPATEN BANYUMAS

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ABSTRAK

Hipertensi merupakan faktor risiko utama terjadinya penyakit jantung koroner dan stroke hemoragik. Kejadian hipertensi yang tinggi di dunia juga mendorong para ahli untuk membuat suatu *guideline* penatalaksanaan yang didasarkan oleh bukti ilmiah, pedoman menurut *International Society Of Hypertension* (ISH) tahun 2020 mempertimbangkan usia, ras, dan komplikasi sebagai tujuan mencapai target tekanan darah. Tujuan penelitian ini adalah mengetahui hubungan konsumsi obat antihipertensi terhadap tekanan darah pasien hipertensi di Puskesmas Tambak II.Sampel penelitian adalah 130 pasien hipertensi yang berobat di Puskesmas Tambak II dengan kriteria inklusi dan ekslusi yang sudah ditentukan. Analisis hipotesis korelasi menggunakan uji *Kolmogorov Smirnov* dengan hasil tidak terdistribusi normal selanjutnya menggunakan uji *Spearman (rho)*. Instrument kepatuhan konsumsi obat memodifikasi dari *Morisky Medication Adherence Scale (MMAS-8)* kuesioner *dari Journal of Management and Pharmacy Practice*. Sebanyak 100 responden (79,4%) patuh mengkonsumsi obat sedangkan 26 responden (20,6%) tidak patuh mengkonsumsi obat. Hasil penelitian menunjukan terdapat hubungan antara kepatuhan konsumsi obat antihipertensi terhadap tekanan darah sistolik pada pasien hipertensi ($p = 0,000$) dengan keeratan korelasi (-0,533) dan terhadap tekanan darah diastolik pada pasien hipertensi ($p = 0,000$) dengan keeratan korelasi (-0,310). Kesimpulannya yaitu terdapat hubungan antara kepatuhan konsumsi obat antihipertensi terhadap tekanan darah pasien hipertensi baik tekanan darah sistolik maupun diastolik.

Kata kunci: *Hipertensi, Kepatuhan Konsumsi Obat, Obat Antihipertensi.*

CORRELATION OF COMPLIANCE WITH ANTIHYPERTENSIVE DRUG CONSUMPTION ON BLOOD PRESSURE OF HYPERTENSIVE PATIENTS AT PUSKESMAS TAMBAK II

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ABSTRACT

Hypertension is a major risk factor for haemorrhagic stroke and coronary heart disease. The high incidence of hypertension in the world also encourages experts to create a management guideline based on scientific evidence, guidelines according to the ISH in 2020 consider age, race, and complications as the goal of achieving blood pressure targets. The purpose of this study was to determine the relationship between anti-hypertensive drug consumption and blood pressure of hypertensive patients at Puskesmas Tambak II. The study sample was 130 hypertensive patients who sought treatment at Puskesmas Tambak II with predetermined inclusion and exclusion criteria. Correlation hypothesis analysis using the Kolmogorov Smirnov test with non-normally distributed results then using the Spearman (rho) test. The drug consumption compliance instrument modifies the MMAS-8 questionnaire from the Journal of Management and Pharmacy Practice. A total of 100 respondents (79.4%) were compliant with taking medication while 26 respondents (20.6%) were not compliant with taking medication. The results showed that there was a relationship between compliance with anti-hypertensive drug consumption on systolic blood pressure in hypertensive patients ($p = 0.000$) with a correlation density (-0.533) and on diastolic blood pressure in hypertensive patients ($p = 0.000$) with a correlation density (-0.310). The conclusion is that there is a relationship between compliance with anti-hypertensive drug consumption and blood pressure of systolic and diastolic blood pressure in hypertensive patients.

Kata kunci: *Hypertension, Medication Consumption Adherence, antihypertension medication*