

# HUBUNGAN TINGKAT DEPRESI DAN KESEJAHTERAAN SPIRITUAL DENGAN KEPATUHAN MINUM OBAT PADA LANSIA PENDERITA HIPERTENSI DI RW 02 KELURAHAN KAMAL, JAKARTA BARAT

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## Abstrak

Meningkatnya jumlah lansia yang mengalami hipertensi menjadi perhatian global, termasuk di Indonesia. Hipertensi pada lansia dapat menyebabkan komplikasi yang memerlukan pengobatan jangka panjang, namun kepatuhan lansia dalam mengonsumsi obat antihipertensi sering kali rendah, yang dipengaruhi oleh beberapa faktor seperti depresi dan kesejahteraan spiritual. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat depresi, dan kesejahteraan spiritual dengan kepatuhan minum obat pada lansia penderita hipertensi di RW 02 Kelurahan Kamal, Jakarta Barat. Metode yang digunakan adalah analitik observasional dengan pendekatan *cross sectional*. Sampel penelitian terdiri dari 123 lansia penderita hipertensi yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui kuesioner *Geriatric Depression Scale-15*, *Spiritual Well-Being Scale*, dan *Morisky Medication Adherence Scale-8*. Analisis data dilakukan menggunakan uji Korelasi Spearman. Hasil analisis menunjukkan adanya hubungan signifikan antara tingkat depresi dengan kepatuhan minum obat ( $p\text{ value} = 0.000$ ) dan antara kesejahteraan spiritual dengan kepatuhan minum obat ( $p\text{ value} = 0.005$ ). Tingkat depresi yang lebih rendah dan kesejahteraan spiritual yang lebih tinggi berhubungan signifikan dengan peningkatan kepatuhan lansia dalam mengonsumsi obat antihipertensi. Intervensi yang mendukung kesehatan mental dan kesejahteraan spiritual, seperti edukasi dan konseling, dapat ditingkatkan untuk mendorong kepatuhan minum obat.

**Kata Kunci:** Hipertensi, Kepatuhan Minum Obat, Kesejahteraan Spiritual, Lansia, Tingkat Depresi.

***THE RELATIONSHIP BETWEEN DEPRESSION LEVEL AND SPIRITUAL WELL-BEING WITH MEDICATION ADHERENCE IN ELDERLY PEOPLE WITH HYPERTENSION IN THE RW 02 AREA, KAMAL VILLAGE, WEST JAKARTA***

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***Abstract***

*The increasing number of older adults with hypertension is a global concern, including in Indonesia. Hypertension in the elderly can lead to complications that require long-term treatment, however, compliance with antihypertensive medication is often low, which is influenced by several factors such as depression and spiritual well-being. This study aims to analyse the relationship between the level of depression, and spiritual well-being with medication compliance in elderly people with hypertension in RW 02 Kamal Village, West Jakarta. The method used was observational analytic with a cross sectional approach. The study sample consisted of 123 elderly people with hypertension who were selected using purposive sampling technique. Data were collected through the Geriatric Depression Scale-15 questionnaire, Spiritual Well-Being Scale, and Morisky Medication Adherence Scale-8. Data were analysed using the Spearman Correlation test. The results of the analysis showed a significant relationship between depression level and medication adherence ( $p$  value = 0.000) and between spiritual well-being and medication adherence ( $p$  value = 0.005). Lower levels of depression and higher spiritual well-being were significantly associated with improved adherence of older adults in taking antihypertensive medication. Interventions that support mental health and spiritual well-being, such as education and counselling, can be scaled up to promote medication adherence..*

***Keywords:*** *Hypertension, Medication Adherence, Spiritual Well-Being, Elderly, Level of Depression*