

HUBUNGAN DUKUNGAN KELUARGA DAN LAMA MENDERITA TERHADAP KEPATUHAN MINUM OBAT DAN KEPATUHAN BEROBAT PASIEN HIPERTENSI DI PUSKESMAS

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ABSTRAK

Hipertensi merupakan penyakit kronis dengan tingkat kejadian yang tinggi dan memerlukan kepatuhan terapi jangka panjang. Ketidakepatuhan dalam mengonsumsi obat maupun kontrol berobat menjadi hambatan dalam mencapai pengendalian tekanan darah yang optimal. Penelitian ini dilakukan untuk menelaah dukungan keluarga dan lama menderita dengan kepatuhan minum obat serta kepatuhan berobat pada pasien hipertensi di Puskesmas Cinere. Penelitian menggunakan pendekatan kuantitatif dengan rancangan *cross-sectional*. Sebanyak 61 responden dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan dengan kuesioner dukungan keluarga, instrumen MMAS-8 untuk menilai kepatuhan minum obat, serta lembar observasi rekam medis untuk menilai kepatuhan berobat selama enam bulan. Analisis dilakukan menggunakan uji korelasi *Spearman*. Hasil penelitian menunjukkan bahwa dukungan keluarga berhubungan signifikan dengan kepatuhan minum obat ($r = 0,735$; $p < 0,001$) dan kepatuhan berobat ($r = 0,706$; $p < 0,001$). Lama menderita berhubungan signifikan dengan kepatuhan minum obat ($r = -0,477$; $p < 0,001$) serta kepatuhan berobat ($r = -0,425$; $p < 0,001$). Temuan ini menunjukkan bahwa keterlibatan keluarga dalam memberikan dukungan emosional, informasi, instrumental, dan penghargaan berperan dalam meningkatkan kedisiplinan pasien menjalani terapi. Selain itu, lamanya penyakit dapat mempengaruhi perilaku kepatuhan melalui perubahan motivasi atau kekecewaan terhadap pengobatan. Pendekatan berbasis keluarga perlu dioptimalkan dalam pengelolaan hipertensi di fasilitas pelayanan kesehatan primer.

Kata kunci: berobat, dukungan keluarga, hipertensi, kepatuhan, lama menderita

***THE RELATIONSHIP OF FAMILY SUPPORT AND DURATION OF
ILLNESS WITH MEDICATION ADHERENCE AND TREATMENT
ADHERENCE IN HYPERTENSIVE PATIENTS AT CINERE
PRIMARY HEALTH CENTER***

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ABSTRACT

Hypertension is a chronic condition with a high incidence rate and requires long-term therapeutic adherence. Non-adherence to medication intake and follow-up visits often becomes an obstacle to achieving optimal blood pressure control. This study aimed to examine the relationship between family support and the duration of hypertension with medication adherence and treatment adherence among hypertensive patients at Cinere Primary Health Center. A quantitative approach with a cross-sectional design was applied. A total of 61 respondents were selected using purposive sampling. Data were collected using a family support questionnaire, the MMAS-8 instrument to assess medication adherence, and medical record-based observation sheets to evaluate treatment adherence over six months. Data were analyzed using Spearman's correlation test. The findings showed that family support was significantly associated with medication adherence ($r = 0.735$; $p < 0.001$) and treatment adherence ($r = 0.706$; $p < 0.001$). The duration of hypertension was also significantly related to medication adherence ($r = -0.477$; $p < 0.001$) and treatment adherence ($r = -0.425$; $p < 0.001$). These results indicate that family involvement through emotional, informational, instrumental, and appraisal support plays an important role in improving patient discipline during therapy. Additionally, the length of illness may influence adherence behavior due to changes in motivation or treatment fatigue. A family-centered approach is therefore essential to optimize hypertension management in primary healthcare facilities.

Keywords: adherence, family support, hypertension, illness duration, treatment