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Program Studi Farmasi, Fakultas Kesehatan
Skripsi, Agustus 2022
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HUBUNGAN KEPATUHAN MINUM OBAT DENGAN *OUTCOME* TERAPI PADA PASIEN HIPERTENSI DI PUSKESMAS BERGAS

INTISARI

Latar Belakang : Tekanan darah merupakan salah satu faktor yang berpengaruh sangat kuat pada sistem peredaran darah, faktor utama dalam mencapai tekanan darah terkontrol pada pasien hipertensi selama pengobatan adalah jenis dan dosis obat yang tepat dan kepatuhan dalam minum obat. Tujuan penelitian ini adalah menganalisa hubungan tingkat kepatuhan minum obat dengan *outcome* terapi pada pasien hipertensi di Puskesmas Bergas.

Metode: Desain penelitian ini deskriptif korelatif *cross-sectional*. Sampel penelitian seluruh populasi pasien hipertensi di Puskesmas Bergas yang berjumlah 40 responden menggunakan metode *total sampling*. Alat pengumpulan data menggunakan kuesioner MMAS dan data rekam medis. Analisis data diolah dengan univariat dan bivariat menggunakan uji *gamma*.

Hasil : Berdasarkan hasil penelitian menunjukkan mayoritas bahwa responden yang memiliki tingkat kepatuhan minum obat terapi tunggal kategori tinggi sebanyak 7 responden (63,3%). Untuk mayoritas responden dengan tingkat kepatuhan minum obat terapi kombinasi kategori tinggi sebanyak 13 responden (44,8%). Mayoritas *outcome* terapi tunggal pada tekanan darah tercapai sebanyak 7 responden (63,3%), dan mayoritas *outcome* terapi kombinasi pada tekanan darah dalam kategori tercapai sebanyak 18 responden (62%).

Kesimpulan: Terdapat hubungan kepatuhan minum obat terapi tunggal dengan *outcome* terapi pada tekanan darah pasien hipertensi di Puskesmas Bergas.

Kata Kunci: Hipertensi, Kepatuhan Minum Obat, *Outcome* Terapi.

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Final Project, August 2022
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RELATIONSHIP BETWEEN ADHERENCE TO MEDICATION AND THERAPEUTIC OUTCOMES IN HYPERTENSION PATIENTS AT THE BERGAS PUBLIC HEALTH CENTER

ABSTRACT

Background : Blood pressure is one of the factors that has a very strong influence on the circulatory system, the main factors in achieving controlled blood pressure in hypertensive patients during treatment are the right type and dose of medication and adherence to taking medication. The purpose of this research is to analyze the relationship between the level of medication adherence and therapeutic outcomes in hypertensive patients at the Bergas Health Center.

Methods: The design of this research is descriptive correlational cross-sectional. The research sample was the entire population of hypertension patients at the Bergas Public Health Center which amounted to 40 respondents using the total sampling method. Data collection tools using MMAS questionnaires and medical record data. Data analysis was processed by univariate and bivariate using gamma test.

Results: Based on the results of the study, the majority of respondents who had a high level of adherence to taking single therapy drugs were 7 respondents (63.3%). For the majority of respondents with a high level of adherence to taking combination therapy drugs as many as 13 respondents (44.8%). The majority of outcomes of single therapy on blood pressure were achieved by 7 respondents (63.3%), The majority of outcomes of combination therapy on blood pressure were achieved in the category of 18 respondents (62%),

Conclusion: There is a relationship between adherence to taking single therapy drugs with therapeutic outcomes on blood pressure of hypertensive patients at the Bergas Public Health Center

Keywords: Hypertension, Drug Compliance, Therapy Outcome.