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HUBUNGAN KEPATUHAN MINUM OBAT ANTIHIPERTENSI TERHADAP TERCAPAINYA TARGET TERAPI PASIEN HIPERTENSI DI PUSKESMAS BERGAS KABUPATEN SEMARANG

ABSTRAK

Latar Belakang: Hipertensi adalah kondisi seseorang mengalami peningkatan tekanan darah diatas normal. Kepatuhan pasien dalam mengkonsumsi obat dengan rutin menjadi salah satu hal yang sangat penting untuk pengontrolan tekanan darah. Kepatuhan minum obat juga faktor penentu tercapainya target terapi. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan minum obat antihipertensi terhadap tercapainya target terapi pasien hipertensi di Puskesmas Bergas Kabupaten Semarang.

Metode: Metode penelitian observasional analitik. Sampel penelitian sebanyak 70 pasien hipertensi periode Januari-Mei 2022 di Puskesmas Bergas Kabupaten Semarang yang memenuhi kriteria inklusi. Tingkat kepatuhan dinilai menggunakan kuesioner MMAS-8. Dan analisis data menggunakan uji *spearman*.

Hasil: Hasil yang didapatkan kepatuhan pasien minum obat hipertensi yaitu kepatuhan rendah sebanyak 38 orang (54,28%), kepatuhan sedang sebanyak 17 orang (24,28%), dan kepatuhan tinggi sebanyak 15 orang (21,44%). Ketercapaian target terapi pada pasien hipertensi yaitu pasien yang tercapai sebanyak 32 orang (46%) dan pasien tidak tercapai sebanyak 38 orang (54%).

Simpulan: Uji *spearman* didapatkan $P_{\text{value}} 0,000 < 0,05$ dengan nilai *Correlation Coefficient* 0,955, maka dapat disimpulkan bahwa ada hubungan antara kepatuhan minum obat dengan tercapainya target terapi pasien hipertensi di Puskesmas Bergas Kabupaten Semarang.

Kata Kunci: Kepatuhan, Target terapi, Puskesmas Bergas, Hipertensi

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The Relationship between Compliance and Achieving the Target of Therapy for Hypertensive Patients at the Bergas Public Health Center, Semarang Regency

ABSTRACT

Background: Hypertension is a condition in which a person experiences an increase in blood pressure above normal. Patient compliance in taking medication regularly is one of the most important things for controlling blood pressure. Adherence to taking medication is also a determining factor in achieving the target of therapy. This study aims to determine the relationship of adherence to taking antihypertensive drugs to the achievement of therapeutic targets for hypertension patients at the Bergas Public Health Center, Semarang Regency.

Methods: Analytical observational research method. The research sample was 70 hypertensive patients for the period January-May 2022 at the Bergas Public Health Center, Semarang Regency who met the inclusion criteria. The level of compliance was assessed using the MMAS-8 questionnaire. And data analysis using spearman test.

Results: The results obtained were patients with hypertension medication adherence, which was highest in patients with low adherence as many as 38 people (54,28%), moderate adherence as many as 17 people (24,28%), and high compliance as many as 15 people (21,44%). The achievement of therapeutic targets in hypertensive patients was 32 patients (46%) and 38 patients (54%).

Conclusion: The Spearman test obtained $P_{value} 0.000 < 0.05$ with a Correlation Coefficient value of 0.955, it can be concluded that there is a relationship between medication adherence and achieving therapeutic targets for hypertension patients at the Bergas Health Center, Semarang Regency.

Keywords: Compliance, Targeted therapy, Bergas Health Center, Hypertension