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## **Hubungan Tingkat Kepatuhan Minum Obat Antihipertensi Dengan Tercapainya Target Tekanan Darah Di Masyarakat Desa Dukutalit Kecamatan Juwana Kabupaten Pati Tahun 2022**

### **ABSTRAK**

**Latar Belakang:** Hipertensi adalah keadaan tekanan darah sistolik dan diastolik mengalami peningkatan di luar batas normal. Kepatuhan minum obat pada pasien hipertensi penting karena pemberian antihipertensi secara teratur dapat mengontrol tekanan darah pada pasien hipertensi. Penelitian ini bertujuan untuk mengetahui hubungan tingkat kepatuhan minum obat antihipertensi dengan tercapainya target tekanan darah di masyarakat Desa Dukutalit Kecamatan Juwana Kabupaten Pati.

**Metode:** Penelitian ini menggunakan metode analisis deskriptif dengan desain penelitian *cross-sectional*. Sampel dari penelitian ini yaitu sebanyak 65 penderita hipertensi. Menggunakan kuisioner penelitian MMAS-8. Analisa data secara univariat dan bivariat menggunakan uji chi square.

**Hasil:** Hasil tingkat kepatuhan minum obat antihipertensi yaitu paling tinggi pasien dengan kepatuhan tinggi sebanyak 51 orang (78,5%), kepatuhan sedang sebanyak 8 orang (12,3%), dan kepatuhan rendah sebanyak 6 orang (9,2%). Tercapainya target tekanan darah penderita hipertensi yaitu penderita yang tercapai sebanyak 48 orang (73,8%) dan penderita yang tidak tercapai sebanyak 17 orang (26,2%).

**Simpulan:** Ada hubungan antara tingkat kepatuhan dengan tekanan darah penderita hipertensi pada masyarakat Desa Dukutalit Kecamatan Juwana Kabupaten Pati

**Kata Kunci:** Kepatuhan, Target tekanan darah, Hipertensi

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## **The Relationship between the Compliance Level of Taking Antihypertensive Drugs and the Achievement of Blood Pressure Targets in the Dukutalit Village Community, Juwana District, Pati Regency in 2022**

### **ABSTRACT**

**Background:** Hypertension is a condition where systolic and diastolic blood pressure has increased beyond normal limits. Adherence to taking medication in hypertensive patients is important because regular antihypertensive administration can control blood pressure in hypertensive patients. This study aims to determine the relationship between the level of adherence to taking antihypertensive drugs with the achievement of blood pressure targets in the Dukutalit Village community, Juwana District, Pati Regency.

**Methods:** This study used a descriptive analysis method with a cross-sectional research design. The sample of this study were 65 patients with hypertension. Using the MMAS-8 research questionnaire. Data analysis was univariate and bivariate using chi square test.

**Results:** The results of adherence to antihypertensive drugs were the highest with 51 patients (78.5%), moderate adherence 8 (12.3%) and low adherence 6 (9.2%). Achieving the blood pressure target of patients with hypertension, namely patients who achieved as many as 48 people (73.8%) and patients who did not reach as many as 17 people (26.2%).

**Conclusion:** There is a relationship between the level of compliance with blood pressure of patients with hypertension in the Dukutalit Village community, Juwana District, Pati Regency

**Keywords:** Compliance, Target blood pressure, Hypertension