

# HUBUNGAN KEPATUHAN MINUM OBAT ANTIHIPERTENSI DENGAN TEKANAN DARAH PADA PASIEN HIPERTENSI RAWAT JALAN DI RSUD dr. GONDO SUWARNO UNGARAN

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## ABSTRAK

**LATAR BELAKANG:** Hipertensi merupakan penyebab utama kematian dini di seluruh dunia. Naiknya tekanan darah dapat menimbulkan kondisi serius, seperti jantung, dan stroke. Sangat penting rutin memeriksa tekanan darah dan menjaga tekanan darah berada diangka yang normal.. Banyak faktor yang dapat mempengaruhi tekanan darah. Salah satu faktor dapat diubah adalah gaya hidup.. Tujuan dari penelitian ini mengetahui hubungan kepatuhan minum obat antihipertensi dengan tekanan darah pasien hipertensi di RSUD dr. Gondo Suwarno Ungaran.

**Metode:** Penelitian analitik kuantitatif bersifat korelasional menggunakan pendekatan *cross sectional*. Populasi penelitian yaitu seluruh pasien hipertensi yang pernah berobat di poliklinik penyakit dalam Instalasi Rawat Jalan dengan sampel 100 responden menggunakan teknik *quota sampling* dan pengumpulan data menggunakan kuesioner MMAS-8. Analisa data menggunakan uji *chi square*. **Hasil:** Kepatuhan minum obat antihipertensi dengan kepatuhan rendah 34 orang (34%), sedang 35 orang (35%), dan tinggi 31 orang (31%). Hasil penelitian responden tekanan darah sistolik normal 25 orang (25%), dan tekanan darah diastolik normal 70 Orang (70%). Pasien dengan tekanan darah sistolik meningkat 75 orang (75%), dan tekanan darah diastolik meningkat 30 orang (30%). Hasil uji korelasi *Chi square* dengan nilai signifikan  $p=0,000$ , ada hubungan bermakna antara kepatuhan minum obat antihipertensi dengan tekanan darah pada pasien hipertensi rawat jalan.

**Kata kunci :** kepatuhan minum obat, hipertensi

## **ABSTRACT**

**Background:** Hypertension is the leading cause of premature death worldwide. Rising blood pressure can lead to a variety of serious conditions, such as heart disease, kidney disease, and stroke. It is very important to regularly check blood pressure and keep blood pressure at a normal level. More than one billion people have this condition (WHO, 2020). Many factors can affect blood pressure. One factor that can be changed is life style. The purpose of this study was to determine the relationship between adherence to taking antihypertensive drugs and blood pressure of hypertensive patients at Dr. Gondo Suwarno Ungaran Hospital. **Method:** This study is a quantitative analytic study that is correlational using a cross sectional approach. The study population was all hypertensive patients who had received treatment at the internal medicine polyclinic of the Outpatient Installation of RSUD dr. Gondo Suwarno with a sample of 100 respondents who were taken using the quota sampling technique and data collection using the MMAS-8 questionnaire. Data analysis using the chi square test. **Results :**The results of adherence to taking antihypertensive drugs obtained by respondents with low compliance 34 people (34%), moderate 35 people (35%), and high 31 people (31%). The results of the study respondents with normal systolic blood pressure 25 people (25%), and with normal diastolic blood pressure 70 people (70%). Patients with increased systolic blood pressure 75 people (75%), and with increased diastolic blood pressure 30 people (30%). Based on the results of the Chi square correlation test with a significant value of  $p=0.000$ , so there is a significant relationship between compliance with taking antihypertensive drugs with blood pressure in outpatient hypertension patients.

**Keywords:** medication adherence, hypertension