Hubungan Peran Perawat Sebagai Edukator Dengan Kepatuhan Pengobatan Penderita Hipertensi Di Puskesmas Guntur I Kabupaten Demak

ABSTRAK

Latar Belakang: Hipertensi memberikan kontribusi kematian akibat penyakit kardiovaskuler setiap tahunnya. Namun demikian jumlah kasus baru hipertensi selalu meningkat setiap tahunnya. Masalah umum yang dijumpai dalam pengobatan penyakit kronis yang memerlukan pengobatan jangka panjang seperti hipertensi adalah ketidakpatuhan.

Tujuan : Tujuan penelitian ini adalah untuk mengetahui hubungan peran perawat sebagai edukator dengan kepatuhan pengobatan penderita hipertensi di Puskesmas Guntur 1 Kabupaten Demak.

Metode : Penelitian ini menggunakan metode kuantitatif, desain penelitian yang digunakan adalah deskriptif korelasi, dengan pendekatan *cross sectional*. Populasi penelitian ini adalah penderita hipertensi di Puskesmas Guntur 1 berjumlah 242 orang. Teknik pengambilan sampel menggunakan metode *accidental sampling* dengan jumlah sampel 151 responden. Alat ukur yang digunakan adalah kuesioner peran perawat sebagai edukator dan MMAS-8. Analisis data menggunakan *Chi-square.*

Hasil : Berdasarkan analisis univariat memperoleh 86.1% responden menjawab peran perawat sebagai edukator dengan katagori baik dan 90.7% responden menjawab patuhan pengobatan dalam katagori tinggi. Analisis bivariat menggunakan uji *Chi-square* mendapatkan hasil p-value $0.000 < 0.05$ dengan nilai korelasi 0.729.

Kesimpulan : Terdapat hubungan peran perawat sebagai edukator dengan kepatuhan pengobatan penderita hipertensi di Puskesmas Guntur 1 Kabupaten Demak. Diharapkan penderita hipertensi lebih patuh dalam menjalani pengoabatan hipertensi dan mencegah terjadinya komplikasi lanjut akibat pengobatan yang tidak tuntas.

Kata Kunci : Hipertensi, edukator, Kepatuhan pengobatan.

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Relationship of Nurse Role as Educator and Treatment Compliance of Hypertensive Patients in PHCof Guntur I of Demak District

ABSTRACT

Background: Hypertension is a complex condition in which blood pressure is consistently above normal. Hypertension that is not treated properly leads to complications. In order to avoid complications, the most important thing associated with its treatment is compliance. The role and support of health workers are very important for the patients in this case, as is the role of nurses as educators.

The purpose of this is to analyze the relationship between the role of nurses as educators with treatment compliance of hypertensive patients in PHC Guntur 1 of Demak District.

Method: This research used a quantitative method; the research design used is a descriptive correlation with a cross-sectional approach. The population of this study is hypertensive patients in PHC Guntur I, with a total of 242 people. The sampling technique used accidental sampling, with a total sample of 151 respondents. The measuring tools used are the role questionnaires for nurses as educators and MMAS-8. Data analysis used *Chi-square*

Results: Based on univariate analysis, 86.1% of respondents answered the nurse's role as educator in the good category and 90.7% of respondents answered that adherence to treatment was in the high category. Bivariate analysis using the Chi-square test resulted in a p-value of $0.000 < 0.05$ with a correlation value of 0.729.

Conclusion: There is a relationship between the role of the nurse as an educator and adherence to treatment of hypertension sufferers at the Guntur 1 Health Center, Demak Regency. It is expected that people with hypertension are more obedient in undergoing hypertension treatment and prevent further complications due to incomplete treatment.

Keywords: hypertension, educator, treatment compliance.