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Hubungan Antara *Self Efficacy* dengan Kepatuhan Minum Obat Penderita Hipertensi Pada Usia Resiko > 40 Tahun Di Puskesmas Indralaya

ABSTRAK

Latar Belakang: Ketidakpatuhan dalam mengkonsumsi obat hipertensi merupakan masalah yang dapat menyebabkan tekanan darah tidak terkontrol. *Self-efficacy* atau keyakinan diri pada seseorang dapat menjadi faktor penentu untuk meningkatkan kemampuan dalam mengubah perilaku seseorang serta sejauh mana kepatuhan pasien terhadap pengobatan. Banyak faktor yang dapat berhubungan dengan kepatuhan minum obat pada pasien hipertensi meliputi *self-effecacy*, ekonomi, pengetahuan, peran petugas kesehatan, serta dukungan keluarga. Untuk mengetahui hubungan *self-efficacy* dengan tingkat kepatuhan minum obat pada penderita hipertensi. Penelitian ini bertujuan mengetahui Gambaran hubungan *self-efficacy* dengan kepatuhan minum obat penderita hipertensi pada usia risiko tinggi >40 tahun di puskesmas Indralaya.

Metode: Jenis penelitian yang digunakan adalah korelasional, dengan menggunakan desain pendekatan *cross-sectional*. Subjek dalam penelitian ini dipilih dengan menggunakan teknik *accidental sampling* dengan jumlah 85 responden. Pengambilan data untuk mengukur *self-efficacy* menggunakan kuesioner *Medication Adherence Self-Efficacy Scale-Revision* (MASES-R) dan mengukur kepatuhan minum obat menggunakan kuesioner Morisky Medication Adherence Scale (MMAS-8).

Hasil: Hasil penelitian menunjukkan bahwa tidak ada hubungan antara *self-efficacy* dengan kepatuhan minum obat penderita hipertensi pada usia risiko tinggi >40 tahun di Puskesmas Indralaya dimana $P\text{-Value} = 0,068 > (0,05)$ dengan nilai *correlation coefficient* 0,305 yang artinya kekuatan antar variable pada suatu korelasi yang rendah dengan arah hubungan yang positif.

Simpulan: There is no relationship between self-efficacy and compliance with taking medication for hypertension sufferers at high-risk age >40 years at the Indralaya Health Center.

Kata Kunci: Hipertensi, Kepatuhan Minum Obat, *Self-Efficacy*.

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**The Relationship Between *Self-Efficacy* and Compliance with Taking
Medication for Hypertension Patients at Risk Age > 40 Years
at the Indralaya Community Health Center**

ABSTRACT

Background: Non-compliance with taking hypertension medication is a problem that can cause uncontrolled blood pressure. Self-efficacy or self-confidence in a person can be a determining factor in increasing the ability to change one's behavior and the extent of patient compliance with treatment. Many factors can be related to medication adherence in hypertension patients including self-efficacy, economics, knowledge, the role of health workers, and family support. To determine the relationship between self-efficacy and the level of adherence to taking medication in hypertension sufferers. This study aims to determine the relationship between self-efficacy and adherence to taking medication for hypertension sufferers at high-risk age >40 years at the Indralaya health center.

Methods: The type of research used is correlational, using a cross-sectional approach design. The subjects in this study were selected using a accidental sampling technique with a total of 85 respondents. Data were collected to measure *self-efficacy* using the *Medication Adherence Self-Efficacy Scale-Revision* (MASES-R) and to measure medication adherence using the Morisky Medication Adherence Scale (MMAS-8) questionnaire.

Results: The results of the study show that there is no relationship between self-efficacy and compliance with taking medication for hypertension sufferers at high-risk age >40 years at the Indralaya Community Health Center where P-Value = 0.068 = > (0.05) with a correlation coefficient value of 0.305 which means the strength between variables at a low correlation with a positive relationship direction.

Conclusion: There is a no relationship between *self-efficacy* and compliance with taking medication for hypertension sufferers at high-risk age >40 years at the Indralaya Community Health Center.

Keywords: Hypertension, Compliance with Medication, *Self-Efficacy*.