

**HUBUNGAN DUKUNGAN TENAGA KESEHATAN TERHADAP
KEPATUHAN MINUM OBAT PADA PASIEN HIPERTENSI DI
PUSKESMAS SUKASADA I BULELENG**

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ABSTRAK

Perubahan gaya hidup yang disebabkan karena adanya urbanisasi, modernisasi, globalisasi, bertambahnya usia harapan hidup, serta perbaikan sosio-ekonomi dan pelayanan kesehatan menimbulkan peningkatan prevalensi penyakit tidak menular, salah satunya hipertensi. Terapi hipertensi yang bersifat jangka panjang sehingga mengharuskan setiap penderitanya memiliki kepatuhan yang baik dalam melakukan pengobatan. Salah satu faktor yang mempengaruhi kepatuhan minum obat berdasarkan teori *Precede-Proceed* adalah sistem pelayanan kesehatan yang meliputi tenaga kesehatan. Penelitian ini bertujuan untuk mengetahui hubungan dukungan tenaga kesehatan terhadap kepatuhan minum obat pada pasien hipertensi di Puskesmas Sukasada I Kabupaten Buleleng. Tempat penelitian berlokasi di Puskesmas Sukasada I Kabupaten Buleleng yang dilakukan pada 25 Agustus – 7 September 2021. Jenis penelitian yang digunakan adalah analitik observasional dengan desain penelitian *cross-sectional study*. Populasi penelitian merupakan pasien penderita hipertensi yang tercatat pada data registrasi Puskesmas Sukasada I dengan sampel yang digunakan berjumlah 51 orang yang telah memenuhi kriteria inklusi dan eksklusi. Alat ukur pada penelitian ini menggunakan kuesioner MMAS-8 untuk mengukur kepatuhan minum obat responden serta kuesioner dukungan tenaga kesehatan yang telah melalui uji validitas dan reliabilitas. Variabel independen pada penelitian ini yakni dukungan keluarga, sedangkan variabel dependen adalah kepatuhan minum obat. Hasil penelitian didapatkan kepatuhan minum obat di Puskesmas Sukasada I yakni kepatuhan tinggi 41%, kepatuhan sedang 37%, dan kepatuhan rendah 22% dengan dukungan tenaga kesehatan meliputi dukungan tinggi 37%, dukungan sedang 47%, dan dukungan rendah 16%. Berdasarkan analisis *Rank-Spearman* dengan tingkat signifikansi 5% ($\alpha=0,05$), menunjukkan bahwa hubungan antara dukungan keluarga dan kepatuhan minum obat memiliki nilai koefisien relatif (r) 0,764, $p < 0,001$, dan arah korelasi positif. Disimpulkan bahwa adanya hubungan dukungan tenaga kesehatan terhadap kepatuhan pasien dalam minum obat anti hipertensi.

Kata-kata kunci: dukungan tenaga kesehatan, kepatuhan minum obat, dan hipertensi

**RELATIONSHIP OF HEALTH PERSONNEL SUPPORT ON DRUG
COMPLIANCE IN HYPERTENSION PATIENTS IN SUKASADA I
PUSKESMAS I BULELENG**

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ABSTRACT

Lifestyle changes caused by urbanization, modernization, globalization, increasing life expectancy, as well as socio-economic improvements and health services have led to increase prevalence of non-communicable diseases, one of which is hypertension. Hypertension therapy is long-term so that it requires every sufferer to have good compliance in taking treatment. One of the factors that influence medication adherence based on the Precede-Proceed theory is the health care system which includes health workers. This study aims to determine the relationship of health workers' support to medication adherence in hypertension patients at Sukasada I Public Health Center, Buleleng Regency. The research site is located at the Sukasada I Public Health Center, Buleleng Regency, which will be conducted on August 25 – September 7, 2021. The type of research is observational analytic with a cross-sectional study design. The population is patients with hypertension who were recorded in the registration data of the Sukasada I Health Center that is 51 people who had met the inclusion and exclusion criteria. The measuring instrument in this study is MMAS-8 questionnaire to measure the respondent's medication adherence and the health worker support questionnaire that had been tested for validity and reliability. The independent variable in this study is family support, while the dependent variable is medication adherence. The results showed that medication adherence at the Sukasada I Public Health Center was high adherence 41%, moderate adherence 37%, and low adherence 22% with the support of health workers including high support 37%, moderate support 47%, and low support 16%. Based on the Spearman Rank analysis with a significance level of 5% ($\alpha=0.05$), it shows that the relationship between family support and medication adherence has a relative coefficient value (r) of 0.764, $p < 0.001$, and the direction of the correlation is positive. It was concluded that there was a relationship between the support of health workers and patient compliance in taking antihypertensive drugs.

Key words: support from health workers, adherence to medication, and hypertension