

HUBUNGAN *SELF MANAGEMENT* DENGAN TINGKAT KEPATUHAN MINUM OBAT PADA PENDERITA HIPERTENSI STAGE II DI UPTD PUSKESMAS CILACAP TENGAH I

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ABSTRAK

Hipertensi berkaitan dengan kondisi dimana tekanan darah meningkat baik sistolik maupun diastolik $\geq 140/90$ mmHg. Salah satu upaya untuk mengatasi hipertensi adalah dengan *self management* atau manajemen diri dan kepatuhan minum obat. Penelitian ini bertujuan untuk mengidentifikasi karakteristik dan hubungan pasien dan tingkat persentase *self management* dan tingkat kepatuhan minum obat pasien hipertensi. Jenis penelitian ini adalah noneksperimental yang bersifat korelasional dengan pendekatan *cross sectional* dengan menggunakan periode pada bulan Maret 2022. Metode pengambilan sampel pada penelitian ini yaitu *purposive sampling*. Analisis data dilakukan yaitu analisis *bivariat* dan uji *chi square* menggunakan program *Statistic Package for the Social Science (SPSS)*. Penelitian ini dilakukan di UPTD Puskesmas Cilacap Tengah I. Populasi dalam penelitian ini yaitu semua pasien hipertensi stage II yang melakukan pemeriksaan di Puskesmas sebanyak 103 responden pada periode bulan Maret 2022. Berdasarkan hasil penelitian *self management* penderita hipertensi stage II sebanyak 50,5% responden berada pada kategori cukup. Sebanyak 48,5% responden memiliki tingkat kepatuhan sedang. Terdapat hubungan signifikan antara *self management* dengan tingkat kepatuhan (*p-value* 0,000) yang berkorelasi sempurna ($r=0,882$) dengan arah hubungan positif. Kesimpulan terdapat hubungan signifikan antara *self management* dengan tingkat kepatuhan minum obat pada penderita hipertensi di UPTD Puskesmas Cilacap Tengah I.

Kata Kunci : Hipertensi, *Self Management*, Kepatuhan

**THE RELATIONSHIP OF SELF MANAGEMENT WITH DRUG
COMPLIANCE LEVEL IN HYPERTENSION STAGE II
PATIENTS IN UPTD PUSKESMAS
CILACAP CENTRAL I**

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ABSTRACT

Hypertension is associated with conditions in which blood pressure increases both systolic and diastolic 140/90 mmHg. One of the efforts to overcome hypertension is self-management or medication adherence. This study aims to identify the characteristics and relationships of patients and the percentage level of self-management and the level of adherence to medication for hypertension patients. This type of research is non-experimental with a correlational nature with a cross sectional approach using the period in March 2022. The sampling method in this study is purposive sampling. Data analysis was carried out, namely bivariate analysis and chi square test using the Statistical Package for the Social Science (SPSS) program. This research was conducted at the UPTD Puskesmas Cilacap Tengah I. The population in this study were all stage II hypertension patients who underwent examinations at the Puskesmas as many as 103 respondents in the period March 2022. Based on the results of self-management research of stage II hypertension patients, 50.5% of respondents were in the sufficient category. A total of 48.5% of respondents have a moderate level of compliance. There is a significant relationship between self-management and the level of compliance (p-value 0.000) which is perfectly correlated (r-0.882) with a positive relationship direction. The conclusion is that there is a significant relationship between self management and the level of adherence to taking medication in patients with hypertension at the UPTD Puskesmas Cilacap Tengah I.

Keywords: Hypertension, Self Management, Compliance