

# **GAMBARAN MOTIVASI DAN KEPATUHAN BEROBAT PASIEN LANJUT USIA DENGAN HIPERTENSI DI PUSKESMAS CILACAP SELATAN I**

*Overview Of Motivation And Treatment Compliance In Elderly Patients With Hypertension At Puskesmas I In The South Cilacap*

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## **ABSTRAK**

Lansia merupakan individu yang berada pada usia 60 tahun atau lebih. Lansia memiliki risiko lebih tinggi mengalami penyakit kronis, salah satunya yaitu hipertensi. Prevalensi hipertensi di Jawa Tengah pada tahun 2018 sebanyak 37,7%. Motivasi dan kepatuhan berobat dapat mempengaruhi pengendalian tekanan darah. Tujuan penelitian untuk mengetahui gambaran motivasi dan kepatuhan berobat pasien lanjut usia dengan hipertensi dalam melakukan pengendalian tekanan darah Di Puskesmas Cilacap Selatan I. Penelitian ini merupakan jenis penelitian kuantitatif, *survey analytic* dengan rancangan *cross sectional desain*. Populasi dalam penelitian ini yaitu pasien lansia di Puskesmas Cilacap Selatan I. Teknik sampling menggunakan *purposif sampling*, total responden sebanyak 60 responden. Hasil penelitian yaitu mayoritas responden memiliki motivasi tinggi untuk berobat yaitu sebanyak 36 responden (60,0%), dan mayoritas responden patuh untuk berobat yaitu sebanyak 35 responden (58,3%).

**Kata kunci : Lansia, Hipertensi, Motivasi, Kepatuhan berobat.**

## **ABSTRACT**

*Elderly people are individuals aged 60 years or more. The elderly have a higher risk of experiencing chronic diseases, one of which is hypertension. The prevalence of hypertension in Central Java in 2018 was 37.7%. Motivation and adherence to treatment can influence blood pressure control. The aim of the research was to determine the motivation and adherence to treatment of elderly patients with hypertension in controlling blood pressure at the South Cilacap I Community Health Center. This research is a quantitative study with an analytical survey with a cross sectional design. The population in this study were elderly patients at the South Cilacap I Community Health Center. The sampling technique used purposive sampling, the total number of respondents was 60 respondents. The results of the research were that the majority of respondents had high motivation to seek treatment, namely 36 respondents (60.0%), and the majority of respondents were obedient to treatment, namely 35 respondents (58.3%).*

**Keywords: Elderly, Hypertension, Motivation, Compliance with treatment.**