

# HUBUNGAN TINGKAT PENGETAHUAN HIPERTENSI DENGAN KEPATUHAN MINUM OBAT PADA LANSIA HIPERTENSI DI POSYANDU LANSIA PANJANG YUSWA KECAMATAN MAOS

*The Relationship Level Of Knowledge Of Hypertension With Drug Compliance In Hypertension Elderly At Posyandu Lansia Panjang Yuswa, Maos District*

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## ABSTRAK

Pengetahuan yang harus dimiliki oleh penderita hipertensi meliputi penyakit hipertensi, pemicu hipertensi, gejala hipertensi, dan pentingnya terapi jangka panjang, disiplin, dan berkelanjutan, serta bahaya tidak minum obat. Kepatuhan minum obat sangat penting karena dapat membantu mengontrol tekanan darah dan mencegah terjadinya komplikasi. Tujuan dalam penelitian ini adalah untuk mengetahui hubungan tingkat pengetahuan hipertensi dengan kepatuhan minum obat pada lansia hipertensi di Posyandu Lansia Panjang Yuswa Kecamatan Maos. Jenis penelitian ini menggunakan rancangan *cross sectional*. Sampel dalam penelitian ini menggunakan *total sampling*. Analisa data menggunakan uji *spearman's rank*. Hasil analisa univariat mayoritas lansia memiliki tingkat pengetahuan hipertensi kategori cukup (50%) dan patuh minum obat (50%). Berdasarkan hasil uji *spearman's rank* didapatkan nilai *p value*  $(0,000) \leq \alpha (0,05)$  dan Rho (0,668) yang berarti terdapat hubungan yang kuat antara tingkat pengetahuan hipertensi dengan kepatuhan minum obat pada lansia hipertensi di Posyandu Lansia Panjang Yuswa Kecamatan Maos.

**Kata Kunci :** Hipertensi, Tingkat Pengetahuan, Kepatuhan Minum Obat

## ABSTRACT

*Knowledge that must be possessed by hypertension sufferers includes hypertension, triggers of hypertension, symptoms of hypertension, and the importance of long-term, disciplined and sustainable therapy, as well as the dangers of not taking medication. Compliance with taking medication is very important because it can help control blood pressure and prevent complications. The purpose of this study was to determine the relationship between the level of knowledge of hypertension and adherence to taking medication in the elderly with hypertension at the Posyandu Lansia Panjang Yuswa, Maos District. This type of research uses a cross sectional design. The sample in this study uses total sampling. Data analysis used Spearman's rank test. The results of the univariate analysis showed that the majority of the elderly had a sufficient level of knowledge about hypertension (50%) and adherence to taking medication (50%). Based on the results of the Spearman's rank test, it was obtained a *p value*  $(0.000) \leq \alpha (0.05)$  and Rho (0.668), which means that there is a strong relationship between the level of knowledge of hypertension and adherence to taking medication in elderly hypertension at the Posyandu Lansia Panjang Yuswa, Maos District.*

**Keywords :** Hypertension, Knowledge Level, Medication Compliance