

## INTISARI

Saat ini, Indonesia dan seluruh dunia sedang memasuki era penduduk tua sehingga jumlah penduduk lansia cukup besar. Daerah Istimewa Yogyakarta memiliki jumlah penduduk lansia paling tinggi di Indonesia yakni sebesar 14,5%. Usia lansia umumnya rentan mengalami gangguan kesehatan karena penurunan fisiologis, kognitif, dan psikologis serta penggunaan sejumlah besar obat-obatan dalam penanganan penyakitnya. Hal tersebut menjadi faktor munculnya masalah pengelolaan obat pada lansia. Hipertensi merupakan penyakit di urutan pertama terbanyak yang dialami lansia. Penelitian ini bertujuan untuk mengetahui gambaran pengelolaan obat mandiri (*medication self-management*) pada lansia di Puskesmas Gamping I.

Penelitian ini menggunakan rancangan *cross sectional* dengan metode survei. Instrumen berupa kuesioner yang diwawancarakan kepada 100 pasien lansia dan/atau keluarga pasien di Puskesmas Gamping I yang minimal rutin menggunakan satu obat hipertensi dan bersedia berpartisipasi dalam penelitian. Kuesioner yang digunakan merupakan hasil dari pengembangan penelitian sebelumnya dan hasil penilaian dari para pakar serta evaluasi dari respon responden pada *pilot study*. Data yang diperoleh dianalisis secara deskriptif.

Rata-rata usia responden adalah  $66,44 \pm 5,99$  tahun. Dari 100 responden didapatkan permasalahan seperti 14 responden tidak bisa membaca petunjuk cara pakai obat, 4 responden tidak paham akan penggunaan obat, 1 responden dibantu minum obat, 54 responden ada masalah dalam membuka obat, dan 12 responden ada masalah dalam menelan obat. Diperlukan peran apoteker untuk meningkatkan pengelolaan obat mandiri (*medication self-management*) pada lansia.

**Kata Kunci:** lansia, hipertensi, pengelolaan obat mandiri (*medication self-management*)

## **ABSTRACT**

*Indonesia and the rest of the world are currently entering the era of aging population so that the number of elderly people is quite large. The Special Region of Yogyakarta has the highest number of elderly people in Indonesia, which is 14.5%. Elderly people are generally prone to health problems due to physiological, cognitive, and psychological decline as well as the use of large amounts of medicines in the management of the disease. It becomes a causative factor of medication self-management problems to the elderly. Hypertension is the number one most common disease experienced by the elderly. This study aims to understand the big picture of medication self-management in the elderly at the Gamping I Primary Health Center.*

*This study used a cross-sectional design with a survey method. The instrument in the form of questionnaire which was interviewed with 100 elderly patients and/or patient families at the Gamping I Primary Health Center who at least routinely use one hypertension medicine and are willing to participate in the study. The questionnaire was used the result of the development of previous research and the results of assessments from experts as well as evaluation of respondents' responses to the pilot study. The obtained data is analyzed descriptively.*

*The average age of the respondents was  $66,44 \pm 5,99$  years old. From 100 respondents, there were problems such as 14 respondents could not read the instructions on how to use medicines, 4 respondents did not understand the use of medicines, 1 respondent was assisted in taking medicines, 54 respondents had problems opening the medicines, and 12 respondents had problems swallowing the medicines. The role of pharmacists is needed to improve medication self-management in the elderly*

**Keyword: elderly, hypertension, medication self-management**