

INTISARI

Hipertensi dikenal sebagai *silent killer* yang angka prevalensinya masih tinggi di beberapa negara. Tingkat kepatuhan pasien hipertensi yang rendah merupakan penyebab utama kegagalan pengendalian penyakit hipertensi. Tujuan dari penelitian ini untuk mengetahui gambaran tingkat kepatuhan dan mengetahui faktor yang mempengaruhi kepatuhan pengobatan pasien hipertensi.

Penelitian ini dilaksanakan dengan pendekatan *cross-sectional* dengan pengambilan sampel menggunakan *purposive sampling*. Tingkat kepatuhan diukur dengan instrumen kuesioner *Morisky Green Levine Scale Adherence Scale* (MGLS) dan kuesioner faktor yang mempengaruhi kepatuhan dilakukan melalui wawancara terstruktur. Data yang diperoleh dianalisis secara deskriptif statistik dan analisis bivariate dengan uji *cross-tab Chi-Square* untuk melihat hubungan antar variabel.

Hasil penelitian menunjukkan bahwa pasien hipertensi di empat puskesmas Kota Yogyakarta bagian Selatan memiliki kepatuhan tinggi (41,9%), kepatuhan sedang (37,9%), dan kepatuhan rendah (20,2%). Terdapat hubungan antara karakteristik pasien berupa mengantar kontrol ($p = 0,026$), karakteristik pengobatan berupa jenis terapi ($p = 0,005$), karakteristik layanan kesehatan berupa kelengkapan informasi obat ($p = 0,000$), kesopanan tenaga kesehatan ($p = 0,012$), dan kelengkapan fasilitas ($p = 0,019$) terhadap tingkat kepatuhan pasien hipertensi.

Kata Kunci : Hipertensi, kepatuhan, puskesmas, MGLS

ABSTRACT

Hypertension is known as a silent killer whose prevalence rate is still high in several countries. The low level of compliance of hypertensive patients is a major cause of failure in controlling hypertension. The purpose of this study was to determine the description of the level of compliance and determine the factors that influence the treatment compliance of hypertensive patients.

This study was conducted using a cross-sectional approach with purposive sampling. The level of compliance was measured with the Morisky Green Levine Scale Adherence Scale (MGLS) questionnaire instrument and the questionnaire of factors affecting compliance was conducted through structured interviews. The data obtained were analyzed by descriptive statistics and bivariate analysis with the Chi-Square cross-tab test to see the relationship between variables.

The results showed that hypertension patients in four health centers in Southern Yogyakarta had high compliance (41.9%), moderate compliance (37.9%), and low compliance (20.2%). There is a relationship between patient characteristics of ushering control ($p = 0.026$), treatment characteristics of type of therapy ($p = 0.005$), health service characteristics of drug information ($p = 0.000$), courtesy of health workers ($p = 0.012$), and completeness of facilities ($p = 0.019$) to the level of compliance of hypertensive patients.

Keywords: Hypertension, compliance, health center, MGLS