

## INTISARI

Hipertensi pada warga senior perlu mendapat perhatian khusus karena memiliki prevalensi yang lebih tinggi dan dampak yang lebih buruk daripada usia dewasa. Namun, ketaatan pengobatan hipertensi pada senior masih rendah walaupun senior memiliki potensi internal yang kuat untuk taat pengobatan. Melalui *Theory of Planned Behavior* (TPB), potensi tersebut dapat digali dan dimanfaatkan untuk meningkatkan kemandirian dalam menjaga kesehatan. Penelitian ini bertujuan untuk (1) menggali keyakinan yang melandasi ketaatan pengobatan hipertensi pada senior berdasarkan TPB, (2) mengetahui keyakinan yang dominan untuk dikembangkan menjadi intervensi peningkat ketaatan, dan (3) mengujicoba dan mengevaluasi efektivitas, penerimaan, dan biaya pelaksanaan intervensi.

Penelitian terdiri dari tiga tahap dan dilakukan pada bulan Januari 2022-Mei 2024. Pertama, dilakukan wawancara semi terstruktur terhadap 21 pasien senior RSUP Dr. Sardjito dan Apotek UGM Yogyakarta. Kedua, dilakukan survei potong lintang secara luring dan daring terhadap 97 senior di beberapa komunitas di Yogyakarta. Ketiga, dilakukan intervensi yang menitikberatkan pada aspek TPB yang paling memprediksi niat ketaatan, kemudian diuji efektivitasnya terhadap pengetahuan, dukungan keluarga, sikap, norma subjektif, persepsi kontrol perilaku, niat, ketaatan, tekanan darah sistolik dan diastolik. Pengujian dilakukan secara *time-series, pretest-posttest controlled group design* terhadap 126 senior di beberapa posyandu lansia. Penerimaan masyarakat dan biaya intervensi dievaluasi secara deskriptif analitik kualitatif dan kuantitatif.

Hasil penelitian mengumpulkan keyakinan-keyakinan yang membentuk sikap, norma subjektif, dan persepsi kontrol perilaku senior. Persepsi kontrol perilaku memiliki korelasi terbesar terhadap niat ketaatan. Peneliti melakukan “Pelatihan Asertif Pengukuran Tekanan Darah Mandiri” sebagai intervensi yang dapat meningkatkan persepsi kontrol perilaku. Intervensi tersebut signifikan meningkatkan skor ketaatan dan jumlah partisipan dengan tekanan darah sistolik terkontrol. Didapatkan umpan balik dari masyarakat dan biaya yang diperlukan untuk penyelenggaraan intervensi sebesar Rp94.279,-/peserta. Dengan demikian, warga senior memiliki potensi-potensi internal yang patut diperhatikan dalam mengelola pengobatan hipertensinya. Intervensi yang memanfaatkan potensi tersebut penting untuk meningkatkan kemandirian senior dalam menjaga kesehatannya.

Kata kunci: hipertensi, ketaatan pengobatan, kemandirian, *Theory of Planned Behavior*, warga senior

## **ABSTRACT**

*Hypertension in seniors needs special attention because it has a higher prevalence and worse impact than adults. Unfortunately, hypertension medication adherence among seniors is low even though seniors have strong internal potentials to adhere to medication. Through the Theory of Planned Behavior (TPB), these potentials can be explored and utilized to increase independence in maintaining health. This study aims to (1) explore the beliefs that underlie medication adherence in seniors based on the TPB, (2) determine the dominant beliefs to be developed into an intervention, and (3) evaluate the effectiveness, acceptability, and costs of implementing the intervention.*

*The study consisted of three stages and was conducted in January 2022-May 2024. First, semi-structured interviews were conducted with 21 seniors at RSUP Dr. Sardjito and Apotek UGM. Second, an offline and online cross-sectional survey was conducted with 97 seniors in several communities in Yogyakarta. Third, an intervention that focuses on the best predictor was conducted, then its effectiveness was tested on knowledge, family support, attitudes, subjective norms, perceived behavioral control, intentions, adherence, systolic and diastolic blood pressure. The test was a time-series, pretest-posttest controlled group design on 126 seniors in several posyandu lansia. Acceptability and intervention costs were evaluated using qualitative and quantitative descriptive analytics.*

*The results showed the beliefs that shape seniors' attitudes, subjective norms, and perceived behavioral control, with perceived behavioral control being the best predictor. The researcher conducted "Assertive Training of Blood Pressure Self-Measurement" as an intervention that can improve perceived behavioral control. The evaluation showed that the intervention was significant in increasing adherence scores and the number of participants with controlled systolic blood pressure. Feedback was obtained and the cost required was IDR 94,279.- per participant. Thus, seniors have internal potentials that should be considered in managing hypertension medication. An intervention that utilizes these potentials is important to increase senior independence in maintaining their health.*

*Keywords: hypertension, medication adherence, independence, Theory of Planned Behavior, senior citizens*