

INTISARI

ANALISIS FAKTOR YANG MEMPENGARUHI KEPATUHAN MINUM OBAT PASIEN DENGAN HIPERTENSI DI DAERAH TIMUR INDONESIA

Latar Belakang : Penderita penyakit kronis cukup tinggi di Indonesia, khususnya penyakit hipertensi. Akibatnya banyak pasien harus mengkonsumsi obat antihipertensi dalam jangka lama. Sehingga kepatuhan minum obat pasien menjadi hal yang penting untuk diketahui. Dalam hal ini mengenai faktor-faktor apa saja yang dapat mempengaruhi kepatuhan minum obat pasien tersebut.

Tujuan Penelitian : Mengetahui hubungan antara usia, jenis kelamin, tingkat pendidikan, pendapatan, dan lama sakit terhadap kepatuhan minum obat pasien.

Metode Penelitian : Penelitian menggunakan data sekunder dari *Indonesian Family Life Survey (IFLS) East 2012* yang dipublikasikan melalui Survey Meter. Model sampling yang digunakan adalah *total sampling* dengan responden yang memenuhi kriteria inklusi yaitu memiliki penyakit hipertensi, dan kriteria eksklusi yaitu data tidak lengkap. Selanjutnya dilakukan analisis univariat, bivariat, dan multivariat, menggunakan aplikasi SPSS untuk mencari nilai *P* dan *Odd Ratio (OR)*.

Hasil Penelitian : Total sampel adalah 410 responden. Terdapat 337 responden mengatakan patuh dan 82 mengatakan tidak patuh. Analisis bivariat didapatkan kepatuhan berdasar variabel usia, muda (80%); tua (87%). Variabel jenis kelamin, pria (84%); wanita (81%). Variabel tingkat pendidikan, rendah (83%); menengah (76%); tinggi (88%). Variabel pendapatan keluarga, rendah (83%); sedang (77%); tinggi (83%); sangat tinggi (84%). Variabel lama sakit, > 10 tahun (83%); 7-9 tahun (85%); 4-6 tahun (89%); < 3 tahun (81%). Analisis multivariat menunjukkan variabel jenis kelamin ($OR = 1,133$; $p = 0,657$) memiliki risiko menimbulkan kepatuhan minum obat lebih besar, diikuti lama sakit ($OR = 1,073$; $p = 0,623$), pendapatan keluarga ($OR = 0,970$; $p = 0,790$), tingkat pendidikan ($OR = 0,947$; $p = 0,804$), dan usia ($OR = 0,583$; $p = 0,099$). Nilai ini menunjukkan hasil yang tidak signifikan.

Kesimpulan : Tidak terdapat hubungan yang signifikan antara usia, jenis kelamin, tingkat pendidikan, pendapatan keluarga, dan lama sakit terhadap kepatuhan minum obat. Jenis kelamin memiliki risiko paling besar untuk menimbulkan kepatuhan minum obat diikuti lama sakit, pendapatan, tingkat pendidikan, dan usia.

Kata Kunci : kepatuhan minum obat, hipertensi, sosiodemografi.

ABSTRACT

ANALYSIS FACTOR AFFECTING DRUG COMPLIANCE OF HYPERTENSIVE PATIENT IN EASTERN REGION INDONESIA

Background : Patients with chronic diseases are quite high in Indonesia, especially hypertension. As a result, many patients have to take antihypertensive drugs for a long time. So compliance with patient medication is important to know. Especially, what are the factors that can influence the patient's compliance

Objective : To determine the relationship between age, sex, level of education, income, and length of illness on patient medication compliance

Methods : The study used secondary data from the Indonesian Family Life Survey (IFSL) *East* 2012, which was published through the Survey Meter. The sampling Model used is a total sampling with respondents who meet the criteria of inclusion that is has hypertension, and the exclusion criteria is incomplete data. Then univariate, bivariate, and multivariate analysis were performed, using the SPSS application to find the P value and Odd Ratio (OR).

Result : The total sample was 410 respondents. There were 337 respondents said they were compliant and 82 said they were not. Bivariate analysis found compliance based on variables of age, youth (80%); old (87%). Gender, male (84%); women (81%). Educational level, low (83%); medium (76%); high (88%). Family income, low (83%); moderate (77%); high (83%); very high (84%). Duration of illness, > 10 years (83%); 7-9 years (85%); 4-6 years (89%); <3 years (81%). Multivariate analysis showed that gender (OR = 1,133; p = 0,657) had a greater risk to compliance with antihypertensive medication, followed by duration of illness (OR = 1.073; p = 0.623), family income (OR = 0.970; p = 0.790), education level (OR = 0.947; p = 0.804), and age (OR = 0.583; p = 0.099). This value shows an insignificant result.

Conclusion : There is no significant relationship between age, gender, level of education, family income, and duration of illness against medication compliance. Gender has the greatest risk to cause adherence to take medication followed by illness, family income, education level, and age.

Keywords : medication compliance, hypertension, socioeconomic