

ABSTRAK

Hipertensi merupakan salah satu penyakit kronis dengan prevalensi tinggi di Indonesia, termasuk di Kota Denpasar yang menduduki urutan pertama kasus hipertensi di Provinsi Bali. Keberhasilan pengendalian hipertensi sangat dipengaruhi oleh kepatuhan pasien dalam mengonsumsi obat. Namun, data di Puskesmas III Denpasar Selatan menunjukkan masih banyak pasien yang tidak patuh minum obat. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang memengaruhi ketidakpatuhan minum obat pada penderita hipertensi di wilayah kerja Puskesmas III Denpasar Selatan.

Penelitian ini menggunakan desain deskriptif korelatif dengan pendekatan cross sectional. Sampel penelitian berjumlah 48 pasien hipertensi yang tidak patuh dalam minum obat, dipilih dengan teknik purposive sampling. Instrumen penelitian berupa kuesioner yang mencakup data karakteristik responden serta faktor pengetahuan, sikap, kepercayaan, dan nilai. Analisis data dilakukan dengan uji Chi-Square.

Hasil penelitian menunjukkan mayoritas responden berusia >55 tahun (68,75%), berjenis kelamin perempuan (68,78%), dan berpendidikan SD (45,83%). Analisis univariat menunjukkan pengetahuan responden sebagian besar baik (35,4%), sikap cukup (47,9%), kepercayaan baik (35,4%), dan nilai cukup (37,5%). Analisis bivariat menemukan adanya hubungan signifikan antara pengetahuan ($p=0,041$), sikap ($p=0,032$), kepercayaan ($p=0,027$), dan nilai ($p=0,019$) dengan ketidakpatuhan minum obat pada penderita hipertensi.

Dapat disimpulkan bahwa faktor predisposisi seperti pengetahuan, sikap, kepercayaan, dan nilai berhubungan dengan ketidakpatuhan minum obat pada pasien hipertensi. Disarankan agar tenaga kesehatan meningkatkan edukasi dan konseling secara berkesinambungan serta melibatkan keluarga dalam mendukung kepatuhan pasien terhadap pengobatan.

Kata kunci: hipertensi, ketidakpatuhan, kepatuhan minum obat, faktor predisposisi, Puskesmas

ABSTRACT

Hypertension is one of the chronic diseases with high prevalence in Indonesia, including in Denpasar City, which ranks first in hypertension cases in Bali Province. The success of hypertension control is strongly influenced by patient compliance in taking medication. However, data at Puskesmas III South Denpasar indicates that there are still many patients who do not comply with taking medication. This study aims to find out the factors that influence the non-adherence of taking medication in patients with hypertension in the working area of Puskesmas III South Denpasar.

This study used a descriptive correlative design with a cross-sectional approach. The study sample amounted to 48 hypertensive patients who were not compliant in taking medication, selected by purposive sampling technique. The study instrument was a questionnaire that included data on the characteristics of respondents as well as factors of knowledge, attitudes, beliefs, and values. Data analysis was performed using the chi-square test.

The study indicated that the majority of respondents were over 55 years old (68.75%), female (68.78%), and had completed elementary school education (45.83%). Univariate analysis indicates that most respondents' knowledge was good (35.4%), attitude was moderate (47.9%), trust was good (35.4%), and value was moderate (37.5%). Bivariate analysis found a significant relationship between knowledge ($p=0.041$), attitude ($p=0.032$), trust ($p=0.027$), and value ($p=0.019$) with non-adherence to taking medication in patients with hypertension.

It can be concluded that predisposing factors such as knowledge, attitudes, beliefs, and values are associated with non-adherence to taking medication in hypertensive patients. It is recommended that health workers increase education and counseling on an ongoing basis and involve families in supporting patient compliance with medication.

Keywords: *hypertension, noncompliance, medication adherence, predisposing factors, health center*