

ABSTRAK

HUBUNGAN MOTIVASI DIRI PASIEN HIPERTENSI TERHADAP KEPATUHAN PENGGUNAAN OBAT ANTIHIPERTENSI DI PUSKESMAS SUNGAI ULIN

(Khairun Nida Lestari; Mochammad Maulidie Alfiannor Saputera;
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Hipertensi merupakan suatu penyakit yang memerlukan pengobatan jangka panjang bahkan sampai seumur hidup. Tekanan darah tinggi dapat dikontrol jika penderitanya patuh terhadap pengobatan, kepatuhan dapat terjadi jika adanya motivasi dalam diri pasien untuk sembuh. Penelitian ini bertujuan untuk mengetahui hubungan motivasi diri pasien hipertensi dengan kepatuhan penggunaan obat antihipertensi di Puskesmas Sungai Ulin. Jenis penelitian adalah observasional analitik dengan rancangan *Cross Sectional*, menggunakan alat ukur kuesioner dengan teknik *consecutive sampling*, jumlah sampel yang diambil sebanyak 108. Dilakukan uji validitas dan reliabilitas, uji normalitas, Homogenitas, uji distribusi frekuensi dan *Chi-Square* menggunakan Aplikasi SPSS 25. Hasil yang didapatkan 85 responden memiliki motivasi tinggi, 68 orang patuh dan 17 orang tidak patuh. Responden yang memiliki motivasi rendah sebanyak 23 orang, 11 orang menunjukkan kepatuhan dan 12 orang menunjukkan ketidakpatuhan. Hasil *Chi Square* menunjukkan adanya hubungan antara motivasi pasien hipertensi terhadap kepatuhan penggunaan obat antihipertensi di Puskesmas Sungai Ulin dengan nilai $p (0,03) < \alpha (0,05)$.

Kata Kunci : Hipertensi, Motivasi, Kepatuhan

ABSTRACT

THE RELATIONSHIP BETWEEN HYPERTENSION PATIENTS' MOTIVATION TO COMPLIANCE WITH THE USE OF ANTIHYPERTENSIVE DRUGS AT SUNGAI ULIN HEALTH CENTER

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Hypertension is a disease that requires long-term treatment, even for life. High blood pressure can be controlled if the sufferer adheres to treatment, adherence can occur if there is motivation in the patient to recover. This study aims to determine the relationship between the motivation of hypertensive patients and adherence to the use of antihypertensive drugs at the Sungai Ulin Health Center. The type of research was analytic observational with Cross Sectional design, using a questionnaire measuring instrument with consecutive sampling technique, the number of samples taken was 108. Validity and reliability tests, normality tests, homogeneity tests, frequency distribution tests and Chi-Square tests were carried out using the SPSS 25 application. Results which obtained 85 respondents had high motivation, 68 people obeyed and 17 people did not obey. Respondents who had low motivation were 23 people, 11 people showed compliance and 12 people showed non-compliance. The Chi Square results show that there is a relationship between the motivation of hypertensive patients and adherence to the use of antihypertensive drugs at the Sungai Ulin Health Center with a p value $(0.03) < \alpha (0.05)$.

Keywords : Hypertension, Motivation, Compliance