

ABSTRAK

PENGARUH *REMINDER* MINUM OBAT DENGAN MENGGUNAKAN APLIKASI *WHATSAPP* TERHADAP KEPATUHAN MINUM OBAT ANTIHIPERTENSI DI PUSKESMAS CEMPAKA BANJARBARU (Oleh Maulida Safitri; Pembimbing apt. Syahrizal Ramadhani, M.Clin, Pharm dan apt. Karunita Ika Astuti, M.Farm;2023)

Hipertensi atau yang disebut tekanan darah tinggi adalah kondisi medis yang serius secara signifikan meningkatkan resiko jantung, otak, ginjal, dan penyakit lainnya. Kepatuhan minum obat sangat diperlukan untuk mencapai keberhasilan terapi. Tujuan penelitian ini untuk mengetahui kepatuhan minum obat serta untuk mengetahui pengaruh *reminder* menggunakan aplikasi *whatsapp* terhadap kepatuhan minum obat pasien hipertensi di Puskesmas Cempaka Banjarbaru. Penelitian ini dilakukan dengan rancangan *dua group pre dan post designe*. Pengambilan data dilakukan selama periode Februari-April 2023. Sampel penelitian yang mengikuti dari awal hingga akhir sebanyak 212 responden. Data kepatuhan diperoleh dengan pengisian kuesioner MMAS-8 saat *pre* dan *post*. Hasil data kemudian akan dianalisis menggunakan analisis non parametrik *Willcoxon*. Berdasarkan hasil kepatuhan *pretest* diperoleh sebanyak (34%) kepatuhannya tinggi, (29%) kepatuhan sedang, dan (37%) kepatuhan rendah, dan pada hasil kepatuhan *posttest* diperoleh sebanyak (52%) kepatuhannya tinggi, (20%) kepatuhan sedang, dan (28%) kepatuhan rendah. Hasil uji statistic menunjukkan adanya pengaruh yang signifikan, dengan nilai rata-rata *pretest* menjadi $6,51 \pm 1,259$ yang meningkat saat *posttest* menjadi $7,26 \pm 1,068$, diperoleh nilai *sig* menunjukkan $0,000 (<0,05)$, terhadap kepatuhan minum obat pasien antihipertensi di Puskesmas Cempaka Banjarbaru.

Kata Kunci : Hipertensi, Kepatuhan, *Reminder* dan Aplikasi *Whatsapp*.

ABSTRACT

THE EFFECT OF DRINKING REMINDERS USING THE WHATSAPP APPLICATION ON ANTIHYPERTENSION DRUG COMPLIANCE AT THE PUAKESMAS CEMPAKA BANJARBARU (By Maulida Safitri; Supervisor apt. Syahrizal Ramadhani, M.Clin, Pharm and apt. Karunita Ika Astuti, M.Farm; 2023)

Hypertension, also known as high blood pressure, is a serious medical condition that significantly increases the risk of heart, brain, kidney and other diseases. Compliance with taking medication is very necessary to achieve therapeutic success. The purpose of this study was to determine adherence to taking medication and to determine the effect of reminders using the WhatsApp application on adherence to taking medication for hypertension patients at the Cempaka Health Center, Banjarbaru. This research was conducted with a design of two groups pre and post design. Data collection was carried out during the period February-April 2023. The research sample that followed from start to finish was 212 respondents. Compliance data was obtained by filling out the MMAS-8 questionnaire during pre and post. The results of the data will then be analyzed using non-parametric Willcoxon analysis. Based on the results of pretest compliance, it was found that (34%) had high compliance, (29%) moderate compliance, and (37%) low compliance, and on the posttest compliance results obtained as many as (52%) high compliance, (20%) moderate compliance, and (28%) low adherence. Statistical test results showed a significant effect, with the average pretest being 6.51 ± 1.259 which increased during the posttest to 7.26 ± 1.068 , obtained a sig value showing 0.000 (<0.05), on medication adherence in antihypertensive patients at the Cempaka Health Center, Banjarbaru.

Keywords : Hypertension, Compliance, Reminder and Whatsapp Application.