

**HUBUNGAN TINGKAT PENGETAHUAN DAN KEPATUHAN
PENGUNAAN OBAT ANTIHIPERTENSI PADA PASIEN PROLANIS
HIPERTENSI DI DESA RAJEK, GROBOGAN**

***THE RELATIONSHIP BETWEEN KNOWLEDGE LEVELS AND
ADHERENCE TO ANTIHYPERTENSIVE MEDICATION AMONG
PROLANIS PATIENTS WITH HYPERTENSION IN RAJEK VILLAGE,
GROBOGAN***

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Abstrak

Kesadaran akan risiko yang timbul akibat tidak mengonsumsi obat secara teratur juga sangat diperlukan. Keberhasilan terapi dipengaruhi oleh kepatuhan penggunaan obat antihipertensi yang berkaitan dengan tingkat pengetahuan pasien. Pengetahuan merupakan kebutuhan mendasar yang dapat meningkatkan perilaku untuk mencegah komplikasi hipertensi. Penelitian ini bertujuan untuk mengetahui karakteristik pasien hipertensi, tingkat pengetahuan, tingkat kepatuhan penggunaan obat antihipertensi, hubungan karakteristik responden dengan tingkat pengetahuan dan kepatuhan, serta hubungan tingkat pengetahuan dan kepatuhan penggunaan obat antihipertensi pada pasien hipertensi di Desa Rajek. Penelitian menggunakan desain *cross-sectional* dengan teknik *purposive sampling* pada 100 pasien hipertensi PROLANIS. Tingkat pengetahuan diukur menggunakan kuesioner HK-LS, sedangkan kepatuhan diukur menggunakan Hill-Bone. Analisis data menggunakan uji *chi-square* dan korelasi *Spearman*. Hasil penelitian menunjukkan bahwa mayoritas responden berjenis kelamin perempuan (71%), berusia 53–65 tahun (70%), berpendidikan SD (55%), bekerja sebagai petani (47%), dan telah menderita hipertensi selama 5–10 tahun (62%). Sebagian besar responden memiliki tingkat pengetahuan rendah (69%) dan tidak patuh menggunakan obat antihipertensi (58%). Jenis kelamin, pendidikan, pekerjaan, dan lama menderita hipertensi berhubungan signifikan dengan tingkat pengetahuan ($p < 0,05$), sedangkan seluruh karakteristik responden berhubungan signifikan dengan tingkat kepatuhan ($p < 0,05$). Kekuatan tingkat pengetahuan berhubungan positif kuat dengan kepatuhan sebesar 0,612, sehingga peningkatan pengetahuan cenderung diikuti peningkatan kepatuhan penggunaan obat antihipertensi.

Kata kunci: Hipertensi, Kepatuhan, Pengetahuan, PROLANIS.

Abstract

Awareness of the risks associated with not taking medication regularly is also essential. The success of treatment is influenced by adherence to antihypertensive medication, which is linked to the patient's level of knowledge. Knowledge is a fundamental need that can improve behavior to prevent complications of hypertension. This study aimed to determine the characteristics of patients with hypertensive, asses their level of knowledge, adherence to antihypertensive medication, the relationship between respondents' characteristics and both knowledge and adherence, as well as the relationship between knowledge level and

adherence to antihypertensive medication among hypertensive patients in Rajek Village. This study employed a cross-sectional design with purposive sampling involving 100 hypertensive patients enrolled in the Chronic Disease Management Program (PROLANIS). Knowledge level was assessed using the Hypertension Knowledge-Level Scale (HK-LS), while medication adherence was measured using the Hill-Bone Compliance Scale. Data were analyzed using the chi-square test and Spearman's correlation. The results showed that most respondents were female (71%), aged 53–65 years (70%), had completed primary school education (55%), worked as farmers (47%), and had been diagnosed with hypertension for 5–10 years (62%). The majority of respondents had a low level of knowledge (69%) and were non-adherent to antihypertensive medication (58%). Sex, educational level, occupation, and duration of hypertension were significantly associated with knowledge level ($p < 0.05$), whereas all respondent characteristics were significantly associated with medication adherence ($p < 0.05$). A significant positive correlation was found between knowledge level and adherence to antihypertensive medication ($r = 0.612$), indicating a strong positive relationship.

Keywords: *Adherence, Hypertension, Knowledge, PROLANIS*