

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
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HUBUNGAN LAMA MENDERITA HIPERTENSI, DUKUNGAN
KELUARGA, PERAN PETUGAS KESEHATAN TERHADAP KEPATUHAN
MINUM OBAT ANTIHIPERTENSI PADA WUS DI PUSKESMAS METRO
xvii + 81 halaman + 11 tabel + 3 gambar + 22 lampiran

RINGKASAN

Hipertensi merupakan kondisi kronis yang ditandai dengan peningkatan tekanan darah dalam arteri, serta berisiko menimbulkan komplikasi serius seperti stroke, penyakit jantung, dan gagal ginjal. Di Indonesia, hipertensi menjadi penyebab kematian ketiga tertinggi setelah stroke dan tuberkulosis. Berdasarkan data WHO (2023), prevalensi hipertensi secara global mencapai 22%, di Indonesia sebesar 29,2%, Provinsi Lampung 25,3%, dan Kota Metro 12,3%. Wanita usia subur termasuk kelompok rentan terhadap hipertensi akibat faktor hormonal, penggunaan kontrasepsi, dan gaya hidup tidak sehat. Rendahnya kepatuhan dalam mengonsumsi obat antihipertensi menjadi salah satu penyebab utama kegagalan terapi.

Penelitian ini bertujuan untuk mengetahui hubungan antara lama menderita hipertensi, dukungan keluarga, dan peran petugas kesehatan dengan kepatuhan minum obat antihipertensi pada WUS di Puskesmas Metro. Penelitian menggunakan metode kuantitatif dengan desain *case control*. Populasi kasus adalah WUS yang tidak patuh dalam mengonsumsi obat, dan populasi kontrol adalah WUS yang patuh. Jumlah sampel sebanyak 88 responden, terdiri dari 44 kelompok kasus dan 44 kelompok kontrol, yang diambil menggunakan teknik *consecutive sampling*. Analisis data dilakukan menggunakan uji *chi-square* dengan tingkat kepercayaan 95% dan penghitungan *odds ratio* (OR).

Hasil penelitian menunjukkan bahwa proporsi Wanita usia subur dengan lama menderita hipertensi ≥ 5 tahun sebesar 61,4%, memperoleh dukungan keluarga sebesar 65,9%, dan mendapatkan peran petugas kesehatan sebesar 70,5%. Uji statistik menunjukkan adanya hubungan yang signifikan antara lama menderita hipertensi dengan kepatuhan minum obat ($p = 0,019$; OR = 2,793; CI 95% = 1,175–6,638), dukungan keluarga dengan kepatuhan ($p = 0,001$; OR = 4,173; CI 95% = 1,709–10,188), serta peran petugas kesehatan dengan kepatuhan ($p = 0,029$; OR = 2,667; CI 95% = 1,097–6,484).

Kesimpulan penelitian ini adalah bahwa lama menderita hipertensi, dukungan keluarga, dan peran petugas kesehatan memiliki hubungan yang signifikan terhadap kepatuhan minum obat antihipertensi pada wanita usia subur. Disarankan agar petugas kesehatan meningkatkan edukasi, pemantauan, serta melibatkan keluarga secara aktif dalam proses pengobatan agar keberhasilan terapi dapat tercapai secara optimal.

Kata kunci: kepatuhan minum obat, lama menderita hipertensi, dukungan keluarga, peran petugas kesehatan, wanita usia subur

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTMENT OF
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**THE RELATIONSHIP BETWEEN DURATION OF HYPERTENSION,
FAMILY SUPPORT, AND THE ROLE OF HEALTH WORKERS ON
ADHERENCE TO TAKING ANTIHYPERTENSIVE DRUGS IN WOMEN OF
CHILDBEARING AGE AT THE METRO HEALTH CENTER**

xvii + 81 halaman + 20 tabel + 3 gambar + 22 lampiran

SUMMARY

Hypertension is a chronic condition characterized by elevated blood pressure in the arteries, and it carries a high risk of serious complications such as stroke, heart disease, and kidney failure. In Indonesia, hypertension is the third leading cause of death after stroke and tuberculosis. According to WHO data (2023), the global prevalence of hypertension is 22%, with Indonesia at 29.2%, Lampung Province at 25.3%, and Metro City at 12.3%. Women of childbearing age are a vulnerable group for hypertension due to hormonal factors, contraceptive use, and unhealthy lifestyles. Low adherence to antihypertensive medication is one of the main causes of treatment failure.

This study aims to determine the relationship between the duration of hypertension, family support, and the role of health workers with adherence to antihypertensive medication among WUS at the Metro Community Health Center. The study uses a quantitative method with a case-control design. The case population consisted of WUS who were non-compliant in taking medication, and the control population consisted of WUS who were compliant. The sample size was 88 respondents, comprising 44 cases and 44 controls, selected using consecutive sampling. Data analysis was performed using the chi-square test with a 95% confidence level and calculation of the odds ratio (OR).

The results showed that the proportion of WUS with a duration of hypertension ≥ 5 years was 61.4%, receiving family support was 65.9%, and receiving healthcare provider support was 70.5%. Statistical tests revealed a significant association between the duration of hypertension and medication adherence ($p = 0.019$; OR = 2.793; 95% CI = 1.175–6.638), family support and adherence ($p = 0.001$; OR = 4.173; 95% CI = 1.709–10.188), and the role of healthcare providers with adherence ($p = 0.029$; OR = 2.667; 95% CI = 1.097–6.484).

The conclusion of this study is that the duration of hypertension, family support, and the role of healthcare workers have a significant association with adherence to antihypertensive medication among women of reproductive age. It is recommended that healthcare workers enhance education, monitoring, and actively involve families in the treatment process to achieve optimal therapeutic success.

Keywords: medication adherence, duration of hypertension, family support, role of healthcare providers, women of reproductive age