Evaluasi Tingkat Kepatuhan Minum Obat Antihipertensi pada Pasien Hipertensi di Klinik Khabayra Kabupaten Garut

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ABSTRAK

Hipertensi merupakan penyakit kronis yang sering disebut *silent killer* karena tidak menunjukkan gejala namun dapat menyebabkan komplikasi serius seperti stroke dan gagal jantung. Penyakit ini memerlukan pengobatan jangka panjang dan kepatuhan pasien dalam minum obat secara rutin. Kepatuhan menjadi faktor penting dalam pengendalian tekanan darah dan pencegahan komplikasi. Penelitian ini bertujuan untuk mengevaluasi tingkat kepatuhan minum obat antihipertensi pada pasien hipertensi di Klinik Khabayra Kabupaten Garut. Penelitian ini menggunakan metode deskriptif kuantitatif dengan desain *cross-sectional* terhadap 82 pasien yang dipilih berdasarkan kriteria inklusi. Data dikumpulkan menggunakan kuesioner MMAS-8. Hasil penelitian menunjukkan bahwa mayoritas responden berusia ≥60 tahun, berjenis kelamin perempuan, berpendidikan terakhir Sekolah Dasar, dan telah menderita hipertensi selama lebih dari lima tahun. Sebanyak 54,88% responden memiliki tingkat kepatuhan rendah, 30,49% kepatuhan tinggi, dan 14,63% kepatuhan sedang. Rendahnya kepatuhan disebabkan oleh kebiasaan lupa minum obat, menghentikan pengobatan saat merasa sehat, serta kurangnya pemahaman mengenai pentingnya pengobatan berkelanjutan. Penelitian ini diharapkan menjadi dasar dalam peningkatan edukasi dan intervensi bagi pasien, khususnya bagi kelompok lansia dan berpendidikan rendah, guna meningkatkan keberhasilan terapi antihipertensi di fasilitas layanan kesehatan tingkat pertama.

Kata kunci: Hipertensi, *silent killer,* kepatuhan minum obat, MMAS-8

Evaluation of Antihypertensive Medication Adherence Among Hypertensive Patients at Khabayra Clinic, Garut Regency

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ABSTRACT

Hypertension is a chronic disease often referred to as a silent killer because it presents no symptoms but can lead to serious complications such as stroke and heart failure. This condition requires long-term treatment and patient adherence to routine medication. Adherence plays a crucial role in controlling blood pressure and preventing complications. This study aimed to evaluate the level of adherence to antihypertensive medication among hypertensive patients at Khabayra Clinic, Garut Regency. This research used a descriptive quantitative method with a cross-sectional design involving 82 patients selected based on inclusion criteria. Data were collected using the MMAS-8 questionnaire. The results showed that the majority of respondents were aged ≥60 years, female, had a final education level of elementary school, and had been suffering from hypertension for more than five years. A total of 54.88% of respondents had low adherence, 30.49% had high adherence, and 14.63% had moderate adherence. Low adherence was primarily caused by forgetfulness, discontinuing medication when feeling well, and limited understanding of the importance of ongoing treatment. This study is expected to serve as a foundation for enhancing patient education and targeted interventions, particularly for elderly and low-educated groups, in order to improve the success of antihypertensive therapy in primary healthcare facilities.

Keywords: Hypertension, silent killer, medication adherence, MMAS-8