

# HUBUNGAN PERAN PERAWAT TERHADAP KEPATUHAN MENGKONSUMSI OBAT HIPERTENSI PADA LANSIA DI PUSKESMAS PAJANG LAWEYAN SURAKARTA

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## Intisari

**Latar Belakang:** Hipertensi merupakan penyakit yang memerlukan terapi jangka panjang, sehingga diperlukan kepatuhan pasien mengkonsumsi obat hipertensi agar tekanan darah dapat stabil dan dapat menurunkan risiko komplikasi. Agar kepatuhan pasien hipertensi dapat berjalan dengan baik, diperlukan peran perawat sebagai edukator agar kepatuhan minum obat dapat berjalan dengan baik.

**Tujuan :** Mengetahui hubungan peran perawat terhadap kepatuhan mengkonsumsi obat hipertensi pada lansia di Puskesmas Pajang Laweyan Surakarta

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan rancangan penelitian deskriptif korelasional. Sampel penelitian adalah 20 lansia di Wilayah Puskesmas Pajang Laweyan Surakarta yang menderita hipertensi. Teknik pengambilan sampel menggunakan purposive sampling. Instrumen penelitian menggunakan kuesioner peran perawat dan kepatuhan minum obat dengan MMAS-8. Analisis data menggunakan uji *Rank Spearman*.

**Hasil :** Sebanyak 12 responden (60%) menyatakan peran perawat sudah baik, 8 responden (40%) peran perawat masih kurang baik. Kepatuhan mengkonsumsi obat hipertensi dalam kategori baik dan rendah sama banyak masing-masing 8 responden (40%) dan 4 responden (20%) patuh dalam mengkonsumsi obat hipertensi kategori sedang. Hasil analisis statistik *Rank Spearman* diperoleh nilai  $\rho = -0,599$   $p = 0,003$  ( $p < 0,05$ ).

**Kesimpulan :** Ada hubungan peran perawat dengan kepatuhan konsumsi obat hipertensi pada lansia.

Kata kunci: Peran perawat, kepatuhan, obat hipertensi, lansia.

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# THE CORRELATION OF NURSE ROLE TO COMPLIANCE OF CONSUMING HYPERTENSION DRUGS IN ELDERLY AT THE LAWEYAN PAJANG SURAKARTA HEALTH CENTER

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## ABSTRACT

**Background:** Hypertension is a disease that requires long-term therapy so patient compliance in taking hypertension medication is needed. It is due to that blood pressure can be stable and can reduce the risk of complications. In order to hypertension patient compliance going well, the nurse role as an educator is needed in the compliance of taking drug.

**Objective:** To determine the correlation of nurses role to adherence in consuming hypertension drug on the elderly at the Pajang Laweyan Surakarta health center.

**Method:** This research is a quantitative study with a descriptive correlational research design. The study sample is 20 elderly with hypertension in the area of Pajang Laweyan Surakarta health center. The sampling technique used purposive sampling. The research instrument used a questionnaire on the role of nurses and drug adherence with MMAS-8. Data analysis used the Spearman Rank test.

**Results:** A total of 12 respondents (60%) stated the role of nurses was good, 8 respondents (40%) the role of nurses was still not good. Adherence to consume hypertension drugs in both high and low categories is 8 respondents (40%) while 4 respondents (20%) is classify in medium category in adherence of consuming hypertension drugs. The results of the Spearman Rank statistical analysis show the value of  $\rho = -0.599$   $p = 0.003$  ( $p < 0.05$ ).

**Conclusion:** There is a correlation of the role of nurses with adherence to the consumption of hypertension drugs in elderly.

**Keywords:** Role of Nurses, Adherence, Hypertension Drug, Elderly.

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