

**Program Studi Sarjana Keperawatan
Fakultas Ilmu Kesehatan
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ABSTRAK

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Gambaran *Self-Efficacy* Dan Kepatuhan Minum Obat Pada Pasien Hipertensi Di Puskesmas Wiradesa Kabupaten Pekalongan

Latar Belakang: Hipertensi merupakan penyakit kronis yang memerlukan pengobatan berkelanjutan untuk mencegah komplikasi. Keberhasilan terapi dipengaruhi oleh kepatuhan pasien dalam mengonsumsi obat, yang salah satunya ditentukan oleh *self-efficacy* atau keyakinan pasien terhadap kemampuannya menjalankan pengobatan sesuai anjuran. Meskipun Program Pengelolaan Penyakit Kronis (PROLANIS) telah dilaksanakan, masih terdapat pasien yang belum mengonsumsi obat antihipertensi secara teratur. Penelitian ini bertujuan untuk menggambarkan tingkat *self-efficacy* dan kepatuhan minum obat pada pasien hipertensi di Puskesmas Wiradesa Kabupaten Pekalongan.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif. Sebanyak 120 pasien hipertensi peserta PROLANIS dipilih sebagai responden dengan teknik simple random sampling. Data dikumpulkan menggunakan kuesioner MASES-R dan MMAS-8, kemudian dianalisis secara univariat serta disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas responden memiliki *self-efficacy* yang baik (93,3%), sedangkan *self-efficacy* cukup dan kurang masing-masing sebesar 4,2% dan 2,5%. Sementara itu, tingkat kepatuhan minum obat didominasi oleh kategori sedang (57,5%), diikuti kepatuhan tinggi (28,3%) dan kepatuhan rendah (14,2%).

Simpulan: Sebagian besar pasien hipertensi di Puskesmas Wiradesa memiliki *self-efficacy* yang baik, namun kepatuhan minum obat masih didominasi pada kategori sedang. Oleh karena itu, diperlukan upaya berkelanjutan melalui edukasi, komunikasi terapeutik, dan pendampingan oleh tenaga kesehatan untuk meningkatkan kepatuhan pasien terhadap pengobatan.

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ABSTRACT

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Overview of Self-Efficacy and Medication Adherence Among Hypertensive Patients at Wiradesa Public Health Center, Pekalongan Regency

Background: Hypertension is a chronic disease that requires continuous treatment to prevent complications. The success of therapy is influenced by patients' adherence to medication, which is partly determined by self-efficacy, or patients' confidence in their ability to follow the prescribed treatment regimen. Although the Chronic Disease Management Program (PROLANIS) has been implemented, some patients still do not take antihypertensive medication regularly. This study aimed to describe the level of self-efficacy and medication adherence among hypertensive patients at Wiradesa Public Health Center, Pekalongan Regency.

Methods: This study employed a quantitative descriptive method. A total of 120 hypertensive patients participating in PROLANIS were selected as respondents using a simple random sampling technique. Data were collected using the MASES-R and MMAS-8 questionnaires and analyzed using univariate analysis, presented as frequency distributions and percentages.

Results: The results showed that the majority of respondents had good self-efficacy (93.3%), while 4.2% and 2.5% of respondents had moderate and low self-efficacy, respectively. Meanwhile, medication adherence was predominantly in the moderate category (57.5%), followed by high adherence (28.3%) and low adherence (14.2%).

Conclusion: Most hypertensive patients at Wiradesa Public Health Center had good self-efficacy; however, medication adherence was predominantly in the moderate category. Therefore, continuous efforts through education, therapeutic communication, and support from healthcare professionals are needed to improve patients' adherence to antihypertensive treatment.