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**ABSTRAK**

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**Hubungan Faktor Intrapersonal dengan Kepatuhan Minum Obat pada Penderita Hipertensi di Puskesmas Kesesi II**

**Latar belakang:** Kepatuhan minum obat pada penderita hipertensi masih belum optimal, yang dapat meningkatkan risiko komplikasi dan memperburuk kondisi kesehatan pasien. Rendahnya kepatuhan ini dipengaruhi oleh berbagai faktor intrapersonal, seperti usia, jenis kelamin, harga diri, disiplin diri, tingkat stres, dan depresi. Oleh karena itu, perlu dilakukan penelitian untuk menganalisis hubungan faktor intrapersonal dengan kepatuhan minum obat pada penderita hipertensi.

**Metode:** Penelitian ini menggunakan desain kuantitatif dengan pendekatan crosssectional pada 162 responden dengan teknik total sampling. Pengumpulan data menggunakan kuesioner Rosenberg Self-Esteem Scale (RSES) untuk mengukur harga diri, kuesioner disiplin diri yang disusun oleh peneliti, Perceived Stress Scale (PSS) untuk mengukur tingkat stres, Hamilton Depression Rating Scale (HDRS) untuk mengukur depresi, Alcohol Use Disorders Identification Test (AUDIT) untuk menilai konsumsi alkohol, serta Morisky Medication Adherence Scale (MMAS-8) untuk mengukur kepatuhan minum obat. Data demografi seperti usia dan jenis kelamin dikumpulkan menggunakan kuesioner karakteristik responden. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman Rank dan Chi-Square.

**Hasil:** Sebagian besar responden memiliki harga diri tinggi (69,1%), disiplin diri tinggi (63,3%), stres sedang (69,8%), dan tidak mengalami depresi (50,0%), namun kepatuhan minum obat masih didominasi kategori sedang (46,9%) dan rendah (22,2%). Hasil uji bivariat menunjukkan terdapat hubungan signifikan antara usia, harga diri, disiplin diri, stres, dan depresi dengan kepatuhan minum obat ( $p < 0,05$ ), sedangkan jenis kelamin tidak berhubungan signifikan ( $p > 0,05$ ).

**Simpulan:** Kepatuhan minum obat dipengaruhi faktor karakteristik responden yaitu usia dan kondisi psikologis pasien, intervensi perlu menargetkan pada faktor psikologis seperti harga diri, disiplin diri, stress dan depresi.

**Kata Kunci:** *Hipertensi, Faktor intrapersonal, kepatuhan minum obat*

**Daftar Pustaka:** 73(2018-2025).

## **ABSTRACT**

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### **The Correlation Between Intrapersonal Factors and Medication Adherence Among Patients with Hypertension at Puskesmas Kesesi II**

**Background:** Medication adherence among patients with hypertension remains suboptimal, increasing the risk of complications and worsening patients' health conditions. This low adherence is influenced by various intrapersonal factors, such as age, gender, self-esteem, self-discipline, stress levels, and depression. Therefore, this study aims to analyze the correlation between intrapersonal factors and medication adherence among patients with hypertension.

**Methods:** This study used a quantitative design with a cross-sectional approach involving 162 respondents selected through total sampling. Data were collected using the Rosenberg Self-Esteem Scale (RSES) to measure self-esteem, a self-discipline questionnaire developed by the researcher, the Perceived Stress Scale (PSS) to assess stress levels, the Hamilton Depression Rating Scale (HDRS) to measure depression, the Alcohol Use Disorders Identification Test (AUDIT) to evaluate alcohol consumption, and the Morisky Medication Adherence Scale (MMAS-8) to assess medication adherence. Demographic data, such as age and gender, were collected using a respondent characteristics questionnaire. Data analysis was conducted using univariate and bivariate methods with the Spearman Rank test and Chi-Square test.

**Results:** Most respondents had high self-esteem (69.1%), high self-discipline (63.3%), moderate stress levels (69.8%), and did not experience depression (50.0%). However, medication adherence was still predominantly in the moderate (46.9%) and low (22.2%) categories. Bivariate analysis showed significant correlations between age, self-esteem, self-discipline, stress, and depression with medication adherence ( $p < 0.05$ ), while gender was not significantly associated ( $p > 0.05$ ).

**Conclusion:** Medication adherence is influenced by respondent characteristics, particularly age and psychological conditions. Interventions should target psychological factors such as self-esteem, self-discipline, stress, and depression.

**Keywords:** *Hypertension, intrapersonal factors, medication adherence*

**References:** 73 (2018–2025).