

**ABSTRAK**

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**Gambaran Faktor Intrapersonal dan Kepatuhan Minum Obat pada Pasien Hipertensi di Wilayah Kerja Puskesmas Kesesi II**

**Latar Belakang:** Hipertensi merupakan penyakit kronis dengan prevalensi tinggi yang memerlukan kepatuhan pengobatan jangka panjang dan dipengaruhi berbagai faktor intrapersonal. Penelitian ini bertujuan menggambarkan faktor intrapersonal dan kepatuhan minum obat pada pasien hipertensi.

**Metode:** Penelitian ini menggunakan desain kuantitatif deskriptif dengan pendekatan *cross sectional*. Penelitian dilakukan di Wilayah Kerja Puskesmas Kesesi II. Teknik sampling menggunakan total sampling dengan 162 responden. Instrumen faktor intrapersonal meliputi, Perceived Stress Scale, Rosenberg Self Esteem Scale, Hamilton Depression Rating Scale, kuesioner disiplin diri, dan Alcohol Use Disorders Identification Test. Kepatuhan minum obat diukur dengan Morisky Medication Adherence Scale. Uji validitas kuesioner disiplin diri menunjukkan  $r$  hitung 0,401–0,557 ( $> r$  tabel). Analisis data menggunakan uji univariat.

**Hasil:** Rata-rata usia responden 59 tahun dan mayoritas perempuan 124 orang (76,5%). Sebagian besar mengalami stres sedang 142 orang (98,7%) dan tidak depresi 160 orang (98,7%). Mayoritas memiliki harga diri tinggi 134 orang (82,7%), disiplin diri tinggi 158 orang (97,5%), serta seluruh responden tidak berisiko penyalahgunaan alkohol 162 orang (100%). Tingkat kepatuhan minum obat sebagian besar tinggi, yaitu 126 orang (77,8%).

**Simpulan:** Faktor intrapersonal pasien hipertensi relatif baik dan sejalan dengan kepatuhan minum obat yang tinggi. Saran bagi peneliti selanjutnya mengkaji hubungan keduanya untuk dasar intervensi yang lebih efektif.

**Kata Kunci:** *hipertensi, faktor intrapersonal, kepatuhan minum obat*  
**Daftar Pustaka:** 80 (2016–2025)

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**ABSTRACT**

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**Description of Intrapersonal Factors and Medication Adherence in Hypertensive Patients in the Working Area of Kesesi II Community Health Center**

**Background:** Hypertension is a chronic disease with high prevalence that requires long-term treatment adherence and is influenced by various intrapersonal factors. This study aims to describe intrapersonal factors and medication adherence in hypertensive patients.

**Methods:** This study used a descriptive quantitative design with a cross-sectional approach. The research was conducted in the working area of Kesesi II Community Health Center. The sampling technique used was total sampling with 162 respondents. Intrapersonal factor instruments included the Perceived Stress Scale, Rosenberg Self-Esteem Scale, Hamilton Depression Rating Scale, a self-discipline questionnaire, and the Alcohol Use Disorders Identification Test. Medication adherence was measured using the Morisky Medication Adherence Scale. The validity test of the self-discipline questionnaire showed a calculated  $r$  value of 0.401–0.557 ( $> r$  table). Data analysis used univariate testing.

**Results:** The average age of respondents was 59 years, with the majority being female at 124 people (76.5%). Most experienced moderate stress at 142 people (98.7%) and were not depressed at 160 people (98.7%). The majority had high self-esteem at 134 people (82.7%), high self-discipline at 158 people (97.5%), and all respondents showed no risk of alcohol misuse at 162 people (100%). The level of medication adherence was mostly high, at 126 people (77.8%).

**Conclusion:** The intrapersonal factors of hypertensive patients were relatively good and aligned with high medication adherence. It is recommended that future researchers examine the relationship between the two as a basis for more effective interventions.

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

**References:** 80 (2016–2025)