

ABSTRAK

Delvi Dwiningsih Tamba (2026). Hubungan Kepatuhan Minum Obat Antihipertensi dengan Kualitas Hidup Pasien Hipertensi. Karya Tulis Akhir, Program Studi DIV RPL Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B, (II) Kustiasih Lestari, SKM., M.Si

Hipertensi merupakan salah satu penyakit tidak menular kronis yang membutuhkan terapi jangka panjang seumur hidup. Pengendalian tekanan darah sangat bergantung pada perilaku kepatuhan pasien dalam mengonsumsi obat antihipertensi guna mencegah komplikasi serius dan mempertahankan kualitas hidup yang optimal. **Tujuan** Penelitian ini dilakukan untuk mengetahui hubungan kepatuhan minum obat antihipertensi dengan kualitas hidup pasien hipertensi. **Metode** penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross sectional*. Sampel berjumlah 97 responden yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner *Morisky Medication Adherence Scale* (MMAS-8) dan kuesioner *World Health Organization Quality of Life – BREF* (WHOQOL-BREF). Analisis data dilakukan menggunakan uji *Spearman Rank*. **Hasil** penelitian menunjukkan sebagian besar responden memiliki kepatuhan minum obat rendah (74,2%) dan kualitas hidup rendah (69,1%). Hasil uji statistik diperoleh $p\text{-value} = 0,000$ ($p < 0,05$) dengan koefisien korelasi sebesar 0,645 menandakan adanya hubungan yang kuat dengan arah positif (searah) sehingga terdapat hubungan signifikan antara kepatuhan minum obat dengan kualitas hidup pasien hipertensi. **Kesimpulan:** Semakin tinggi tingkat kepatuhan pasien dalam meminum obat antihipertensi, maka kualitas hidup pasien hipertensi di pelayanan kesehatan primer akan semakin meningkat secara signifikan.

Kata Kunci: Hipertensi, Kepatuhan Minum Obat, Kualitas Hidup

ABSTRACT

Delvi Dwiningsih Tamba (2026). The Relationship between Compliance with Antihypertensive Medication and Quality of Life in Hypertensive Patients. Final Paper, DIV RPL Nursing Study Program, Pekanbaru, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisors: (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B, (II) Kustiasih Lestari, SKM., M.Si

*Hypertension is a chronic non-communicable disease that requires long-term, lifelong therapy. Blood pressure control heavily relies on patient adherence behavior in consuming antihypertensive medication to prevent serious complications and maintain an optimal quality of life. **Objective:** This study was conducted to determine the relationship between adherence to antihypertensive medication and the quality of life of hypertensive patients. **Methods:** The research method employed a quantitative correlational design with a cross-sectional approach. A sample of 97 respondents was selected using a purposive sampling technique. Data collection used the Morisky Medication Adherence Scale (MMAS-8) questionnaire and the World Health Organization Quality of Life–BREF (WHOQOL-BREF) questionnaire. Data analysis was performed using the Spearman Rank test. **Results:** The results showed that most respondents had low medication adherence (74.2%) and low quality of life (69.1%). The statistical test results obtained a $p\text{-value} = 0.000$ ($p < 0.05$) with a correlation coefficient of 0.645, indicating a strong, positive (unidirectional) relationship, thereby confirming a significant relationship between medication adherence and the quality of life of hypertensive patients. **Conclusion:** The higher the level of patient compliance in taking antihypertensive medication, the more significantly the quality of life of hypertensive patients in primary health care will improve.*

Kata Kunci: *Hypertension, Medication Compliance, Quality of Life*