

ABSTRAK

EFEKTIFITAS PROGRAM EDUKASI DALAM MENINGKATKAN KEPATUHAN MINUM OBAT PADA PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS MACCINI SAWAH

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Latar Belakang: Hipertensi merupakan penyakit kronis dengan angka kepatuhan minum obat yang masih rendah. Banyak pasien hanya mengonsumsi obat saat muncul gejala, sehingga risiko komplikasi tetap tinggi. Edukasi kesehatan berperan penting dalam meningkatkan pemahaman dan perilaku pasien terkait terapi hipertensi. **Tujuan:** Mengetahui efektivitas program edukasi dalam meningkatkan kepatuhan minum obat pada pasien hipertensi. **Metode:** Penelitian ini menggunakan desain pra eksperimen dengan pendekatan *pretest-posttest design*. dengan metode pengumpulan data menggunakan lembar observasi dan wawancara. **Hasil:** Sebelum edukasi, pasien hanya minum obat ketika bergejala dengan tekanan darah 165/95 mmHg. Setelah edukasi, pasien menunjukkan peningkatan pengetahuan, mulai menggunakan alarm sebagai pengingat, dan lebih patuh dalam konsumsi obat. Tekanan darah menurun menjadi 150/90 mmHg. **Kesimpulan:** Program edukasi terbukti efektif dalam meningkatkan pengetahuan dan kepatuhan pasien hipertensi terhadap pengobatan. Edukasi yang dilakukan secara berkesinambungan, sederhana, serta melibatkan keluarga berperan penting dalam pengendalian tekanan darah dan pencegahan komplikasi jangka panjang.

Kata Kunci: Edukasi, Kepatuhan, Obat Antihipertensi, Hipertensi.

ABSTRACT

THE EFFECTIVENESS OF AN EDUCATION PROGRAM IN IMPROVING MEDICATION ADHERENCE AMONG HYPERTENSION PATIENTS AT MACCINI SAWAH COMMUNITY HEALTH CENTER

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Background: Hypertension is a chronic disease with a low rate of medication adherence. Many patients only take medication when symptoms occur, which increases the risk of complications. Health education plays an important role in improving patients' understanding and behavior related to hypertension therapy.

Objective: To determine the effectiveness of an education program in improving medication adherence among hypertension patients. **Methods:** This study employed a pre-experimental design with a pretest-posttest approach. Data were collected through observation sheets and interviews. **Results:** Before receiving education, the patient only took medication when experiencing symptoms, with a blood pressure of 165/95 mmHg. After the educational intervention, the patient demonstrated improved knowledge, started using a phone alarm as a reminder, and showed better medication adherence. Blood pressure decreased to 150/90 mmHg. **Conclusion:** The education program was proven effective in improving patients' knowledge and adherence to antihypertensive medication. Continuous education that is simple, easy to understand, and involves family support plays a crucial role in controlling blood pressure and preventing long-term complications.

Keywords: Education, Adherence, Antihypertensive Drugs, Hypertension