

## ABSTRAK

**HUBUNGAN *PERCEIVED BENEFITS* DAN *PERCEIVED BARRIERS*  
DENGAN KEPATUHAN MINUM OBAT PADA PENDERITA  
HIPERTENSI DI WILAYAH KERJA UPT PUSKESMAS SOPAAH  
PAMEKASAN**

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Hipertensi adalah suatu keadaan kronis yang ditandai dengan meningkatnya tekanan darah. Keadaan tersebut mengakibatkan jantung bekerja lebih keras untuk mengedarkan darah keseluruh tubuh sehingga menyebabkan penyakit degeneratif bahkan kematian. Kepatuhan minum obat menjadi salah satu indikator penting dalam mencegah adanya komplikasi akibat penyakit hipertensi. Tujuan penelitian ini adalah untuk mengetahui hubungan *perceived benefits* dan *perceived barriers* dengan kepatuhan minum obat pada penderita hipertensi di wilayah kerja puskesmas sopaah pamekasan.

Metodelogi penelitian ini menggunakan pendekatan *Cross Sectional Study*. Populasi dalam penelitian ini yaitu semua penderita Hipertensi di wilayah kerja Puskesmas Sopaah Kabupaten Pamekasan sebanyak 57 orang. Teknik sampel menggunakan simple random sampling, sehingga diperoleh sampel sebanyak 37 responden. Analisa data menggunakan uji Rank Spearman dengan  $\alpha$  0,05.

Hasil penelitian menunjukkan bahwa terdapat hubungan *perceived benefits* dengan kepatuhan minum obat ( $p$  value = 0,011). Terdapat hubungan *perceived barriers* dengan kepatuhan minum obat ( $p$  value = 0,036),

tenaga kesehatan diharapkan dapat meningkatkan peran dalam upaya promotif dan preventif sehingga dapat meningkatkan pengetahuan keluarga mengenai kesehatan serta memotivasi keluarga untuk selalu memiliki perilaku yang positif guna meningkatkan derajat kesehatan.

**Kata Kunci : Hipertensi, Kepatuhan Minum Obat, *Perceived Benefits*, *Perceived Barriers***

**ABSTRACT**  
**THE RELATIONSHIP BETWEEN PERCEIVED BENEFITS AND  
PERCEIVED BARRIERS TO MEDICATION COMPLIANCE IN  
HYPERTENSIVE PATIENTS IN THE WORKING AREA OF THE SOPAAH  
PAMEKASAN HEALTH CENTER**

**By: Ayu Aprili Rizki**

*Hypertension is a chronic condition characterized by increased blood pressure. This condition causes the heart to work harder to circulate blood throughout the body, causing degenerative diseases and even death. Drug adherence is one of the important indicators in preventing complications due to hypertension. This study aims to determine the relationship between perceived benefits and perceived barriers and drug adherence in hypertensive patients in the working area of the Pamekasan Sopaah Health Center.*

*This study used the cross-sectional study approach. The population was all hypertension patients in the Sopaah Health Center, Pamekasan Regency, and included as many as 57 people. The sampling technique used simple random sampling to obtain a sample of 37 respondents. Data analysis used the Spearman Rank test with  $\alpha$  of 0.05.*

*The results showed a relationship between perceived benefits and medication adherence ( $p$  value = 0.011). There was a relationship between perceived barriers and medication adherence ( $p$  value = 0.036), Health workers are expected to increase their role in promotive and preventive efforts so that they can increase family knowledge about health and motivate families to always have positive behavior to improve health status.*

**Keywords:** *Hypertension, Drug Compliance, Perceived Benefits, Perceived Barriers*