

ABSTRAK

Lira Sintia Ramena Sitakar: Hubungan Pengetahuan Hipertensi Dan Kepatuhan Minum Obat Dengan Tekanan Darah Lansia Hipertensi Di Desa Sukaramai Kabupaten Pakpak Bharat. Skripsi. Program Studi Gizi. Fakultas Teknik, Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengetahui (1) karakteristik responden yaitu usia, jenis kelamin, pendidikan terakhir, pekerjaan, dan konsumsi minum obat (2) Pengetahuan hipertensi pada lansia (3) kepatuhan minum obat lansia (4) Tekanan darah lansia (5) Hubungan Pengetahuan hipertensi dengan tekanan darah (6) Hubungan kepatuhan minum obat dengan tekanan darah (7) Hubungan Pengetahuan hipertensi dan kepatuhan minum obat dengan tekanan darah di Desa Sukaramai Kabupaten Pakpak Bharat. Permasalahan dalam penelitian ini mencakup beberapa hal yaitu pengetahuan hipertensi yang kurang menyebabkan pengaruh tingkat tekanan darah lansia, tingginya prevalensi penderita hipertensi di Sumatera Utara dan rendahnya kepatuhan minum obat lansia menyebabkan terjadinya pengaruh pada kadar tekanan darah lansia.

Penelitian ini dilaksanakan pada bulan April - Mei 2025. Penelitian ini menggunakan desain *cross sectional study*. Pengambilan sampel menggunakan *total sampling* sebanyak 55 orang lansia. Data pengetahuan hipertensi dan kepatuhan minum obat menggunakan kuesioner dan tekanan darah pada lansia menggunakan alat *tensimeter digital*. Analisis bivariat menggunakan Uji Chi Square dan analisis multivariate menggunakan Regresi Logistik dengan menggunakan aplikasi SPSS 25 *For windows*.

Hasil analisis univariat menunjukkan bahwa pengetahuan hipertensi responden mayoritas kurang sebanyak 37 orang (63,7%), mayoritas responden memiliki kepatuhan minum obat responden mayoritas rendah sebanyak 30 orang (54,5%), tekanan darah lansia mayoritas tidak terkontrol ($>140/90\text{mmHg}$) sebanyak 42 orang (76,4%). Hasil analisis bivariat menunjukkan adanya hubungan pengetahuan hipertensi dengan tekanan darah dengan nilai Sig ($p=0,001$). Dan terdapat hubungan yang signifikan antara kepatuhan minum obat dengan tekanan darah dengan nilai Sig ($p=0,000$) Tidak terdapat hubungan yang signifikan antara pengetahuan hipertensi dan kepatuhan minum obat dengan tekanan darah pada lansia di desa Sukaramai Kabupaten Pakpak Bharat dengan nilai Sig ($p=0,050$).

Kata Kunci : pengetahuan hipertensi, kepatuhan minum obat, tekanan darah

ABSTRACT

Lira Sintia Ramena Sitakar: *The Relationship Between Hypertension Knowledge and Medication Adherence with Blood Pressure in Elderly Hypertensive Patients in Sukaramai Village, Pakpak Bharat Regency. Thesis. Nutrition Study Program. Faculty of Engineering, University of Medan 2026.*

This study aims to determine (1) the characteristics of respondents, namely age, gender, last education, occupation, and medication consumption (2) Knowledge of hypertension in the elderly (3) compliance with taking medication in the elderly (4) Blood pressure in the elderly (5) The relationship between knowledge of hypertension and blood pressure (6) The relationship between compliance with taking medication and blood pressure (7) The relationship between knowledge of hypertension and compliance with taking medication with blood pressure in Sukaramai Village, Pakpak Bharat Regency. The problems in this study include several things, namely the lack of knowledge of hypertension causing an influence on the level of blood pressure in the elderly, the high prevalence of hypertension sufferers in North Sumatra and low compliance with taking medication in the elderly causing an impact on blood pressure levels in the elderly.

This study was conducted in April - May 2025. This study used a cross-sectional study design. Sampling used a total sampling of 55 elderly people. Data on hypertension knowledge and compliance with taking medication used a questionnaire and blood pressure in the elderly using a digital sphygmomanometer. Bivariate analysis used the Chi Square Test and multivariate analysis used Logistic Regression using the SPSS 25 For Windows application.

The results of the univariate analysis showed that the majority of respondents' knowledge of hypertension was lacking as many as 37 people (63,7%), the majority of respondents had low medication adherence as many as 30 people (54.5%), the majority of elderly blood pressure was uncontrolled (>140/90mmHg) as many as 42 people (76,4%). The results of the bivariate analysis showed a relationship between hypertension knowledge and blood pressure with a Sig value ($p = 0,001$). And there was a significant relationship between medication adherence and blood pressure with a Sig value ($p = 0,000$). There was no significant relationship between hypertension knowledge and medication adherence with blood pressure in the elderly in Sukaramai Village, Pakpak Bharat Regency with a Sig value ($p = 0,050$)

Keywords: knowledge of hypertension, medication adherence, blood pressure