

Determinan Ketidakpatuhan Minum Obat Antihipertensi pada Penderita Hipertensi Dewasa di Indonesia (Analisis Data SKI 2023) =
Determinants of Non-adherence to Antihypertensive Medications in Adult Hypertensive Patients in Indonesia (Analysis of SKI 2023 Data)

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Abstrak

Latar Belakang: Hipertensi merupakan salah satu beban kesehatan masyarakat terbesar di Indonesia dan pemicu utama penyakit kardiovaskular. Keberhasilan pengendalian kondisi hipertensi sangat bergantung pada kepatuhan pasien. Berdasarkan data SKI 2023, ketidakpatuhan minum obat antihipertensi masih menjadi masalah signifikan di Indonesia. Metode: Menggunakan data sekunder dari SKI 2023 dengan desain studi cross sectional. Sampel adalah responden berusia 18 tahun dengan diagnosis hipertensi. Responden dengan data tidak lengkap dan wanita hamil diesklusi sehingga menghasilkan sampel akhir sebanyak 49.026 responden. Analisis data menggunakan regresi logistik multinomial. Hasil: Seluruh variabel independen yang diuji (pendidikan, pekerjaan, status ekonomi, wilayah geografis, komorbiditas, waktu sejak diagnosis, umur, jenis kelamin, tempat tinggal, perilaku penggunaan obat tradisional, konsumsi alkohol, akses fasilitas kesehatan, kepemilikan asuransi, dan dukungan informasi) berhubungan signifikan dengan ketidakpatuhan. Persentase ketidakpatuhan adalah sebesar 53,5%, yaitu 36,7% (95% CI: 35,9-37,4) responden tidak rutin dan 16,8% (95% CI: 16,2-17,4) tidak minum obat. AOR tertinggi ditemukan pada responden yang tidak mendapatkan dukungan informasi, baik pada kategori tidak rutin (AOR 3,76; 95% CI 3,59-3,95; $p < 0,001$) dan pada kategori tidak minum obat (AOR 8,63; 95% CI: 8,12-9,19; $p < 0,001$). Kesimpulan: Ketidakpatuhan minum obat antihipertensi masih menjadi tantangan besar di Indonesia. Diperlukan intervensi berbasis komunitas, peningkatan edukasi, dan perbaikan akses kesehatan untuk meningkatkan kepatuhan terhadap pengobatan.

.....Background: Hypertension is one of the largest public health burdens in Indonesia and a major trigger for cardiovascular disease. The success of controlling hypertension is highly dependent on patient compliance. Based on SKI 2023 data, non-compliance with taking antihypertensive drugs is still a significant problem in Indonesia. Methods: Using secondary data from SKI 2023 with a cross-sectional study design. The sample was respondents aged 18 years with a diagnosis of hypertension. Respondents with incomplete data and pregnant women were excluded, resulting in a final sample of 49,026 respondents. Data analysis used multinomial logistic regression. Results: All independent variables tested (education, occupation, economic status, geographic region, comorbidities, time since diagnosis, age, gender, place of residence, traditional medicine use behavior, alcohol consumption, access to health facilities, insurance ownership, and information support) were significantly associated with non-compliance. The percentage of non-compliance was 53.5%, specifically 36.7% (95% CI: 35.9-37.4) of respondents did not follow the routine, and 16.8% (95% CI: 16.2-17.4) did not take their medication. The highest AOR was found in respondents who did not receive information support, both in the non-routine category (AOR 3.76; 95% CI 3.59-3.95; $p < 0.001$) and in the category of not taking medication (AOR 8.63; 95% CI: 8.12-9.19; $p < 0.001$). Conclusion: Non-compliance with taking antihypertensive medication is still a major challenge in Indonesia. Community-based interventions, increased education, and improved access to health are needed to improve

treatment adherence.