

## ABSTRAK

Ketaatan penggunaan terapi simvastatin yang baik diperlukan untuk mengendalikan penyakit hiperlipidemia. Tujuan penelitian ini untuk melakukan analisis pengaruh ketaatan pasien hiperlipidemia pada penggunaan terapi simvastatin terhadap pengendalian kadar kolesterol di Puskesmas Kecamatan Ngaglik, Kabupaten Sleman, Yogyakarta. Jenis penelitian kuantitatif observasional analitik dengan desain *cross sectional*. Pengambilan sampel dilakukan secara *non probability sampling* dengan teknik *purposive sampling* berdasarkan kriteria inklusi dan kriteria eksklusi. Pengumpulan data menggunakan kuesioner pada ketaatan terapi simvastatin dan data rekam medik pada pengendalian kadar kolesterol. Analisis data menggunakan analisis bivariat dengan uji korelasi Somers'D untuk melihat hubungan ketaatan penggunaan terapi simvastatin dan pengendalian kadar kolesterol dengan metode analisis bivariat. Hasil menunjukkan bahwa subjek paling banyak yaitu usia >60 tahun (46,6%), perempuan (84,9%), pendidikan terakhir SMA (42,5%), pekerjaan sebagai IRT (45,2%) dan lama pengobatan >1 tahun (57,5%). Pada penelitian ini sebagian besar pasien memiliki tingkat ketaatan tinggi (91,8%) dengan kadar kolesterol total masuk kategori terkendali (90,4%). Terdapat hubungan yang signifikan antara ketaatan penggunaan terapi simvastatin dan pengendalian kadar kolesterol pasien hiperlipidemia di Puskesmas Kecamatan Ngaglik ( $p=0,035$ ), dengan tingkat kekuatan hubungan antara kedua variabel tergolong kuat (0,619)

**Kata Kunci :** Hiperlipidemia, Ketaatan, Simvastatin, Kadar Kolesterol

## ABSTRACT

Adherence to the use of good simvastatin therapy is necessary to control hyperlipidemia. The aim of this study was to analyze the effect of hyperlipidemia patients adherence to the use of simvastatin therapy on controlling cholesterol levels at the Ngaglik District Health Center, Sleman Regency, Yogyakarta. This type of quantitative observational analytical research with a cross sectional design. Sampling was carried out using non-probability sampling with a purposive sampling technique based on inclusion criteria and exclusion criteria. Data were collected using questionnaires on adherence to simvastatin therapy and medical record data on controlling cholesterol levels. Data analysis used bivariate analysis with the Somers'D correlation test to see the relationship between adherence to simvastatin therapy and controlling cholesterol levels using the bivariate analysis method. The results showed that the most common subjects were aged >60 years (46.6%), women (84.9%), had a high school education (42.5%), worked as housewives (45.2%) and had treatment duration >1 years (57.5%). In this study, the majority of patients had a high level of compliance (91.8%) with total cholesterol levels in the controlled category (90.4%). There is a significant relationship between adherence to simvastatin therapy and controlling cholesterol levels in hyperlipidemia patients at the Ngaglik District Health Center ( $p=0.035$ ), with the strength of the relationship between the two variables being classified as strong (0.619).

**Keywords:** Hyperlipidemia, Adherence, Statins, Cholesterol Levels