

ABSTRAK

Jenis obat antihipertensi (monoterapi dan kombinasi) dapat memengaruhi kepatuhan penggunaan obat dan ketercapaian target tekanan darah. Penelitian ini bertujuan mengidentifikasi hubungan antara jenis obat antihipertensi dengan kepatuhan penggunaan obat dan ketercapaian target tekanan darah berdasarkan metode *Proportion Days Covered* (PDC). Penelitian ini menggunakan metode observasional analitik dengan desain *cohort retrospektif*. Sampel sebanyak 108 pasien dipilih menggunakan *purposive sampling*. Data diperoleh dari rekam medis dan catatan pengambilan obat periode Januari–Desember 2025. Analisis univariat dilakukan pada data karakteristik pasien, jenis obat antihipertensi, kepatuhan penggunaan obat, dan ketercapaian target tekanan darah, sedangkan analisis bivariat menggunakan uji *Chi-square*.

Hasil penelitian menunjukkan 85,19% pasien menggunakan monoterapi dan 14,81% menggunakan kombinasi. Pasien yang patuh menggunakan obat antihipertensi sebesar 51,85%, sedangkan 48,15% tidak patuh. Pada kelompok patuh, 53,26% menggunakan monoterapi dan 3,75% kombinasi, sedangkan pada kelompok tidak patuh, 46,74% menggunakan monoterapi dan 56,25% kombinasi. Sebanyak 58,33% pasien mencapai target tekanan darah dan 41,67% tidak mencapai target. Pada kelompok yang mencapai target tekanan darah, 65,22% menggunakan monoterapi dan 18,75% kombinasi. Uji *Chi-square* menunjukkan tidak terdapat hubungan antara jenis obat antihipertensi dengan kepatuhan penggunaan obat ($p=0,666$), tetapi terdapat hubungan dengan ketercapaian target tekanan darah ($p=0,001$). Oleh karena itu, dapat disimpulkan bahwa tidak terdapat hubungan antara jenis obat antihipertensi dengan kepatuhan penggunaan obat. Tetapi, terdapat hubungan antara jenis obat antihipertensi dengan ketercapaian target tekanan darah pada pasien hipertensi di Puskesmas Tegalrejo pada periode Januari-Desember 2025.

Kata kunci: hipertensi, jenis obat antihipertensi, kepatuhan, tekanan darah, *Proportion of Days Covered*.

ABSTRACT

The type of antihypertensive medication (monotherapy and combination) can influence medication adherence and achievement of blood pressure targets. This study aims to identify the relationship between antihypertensive medication type and medication adherence and achievement of blood pressure targets based on the Proportion of Days Covered (PDC) method. The study used an observational analytical method with a retrospective cohort design. A sample of 108 patients was selected using purposive sampling. Data were obtained from medical records and medication intake records from January to December 2025. Univariate analysis was performed on patient characteristics, antihypertensive medication type, medication adherence, and achievement of blood pressure targets. Bivariate analysis used the Chi-square test.

The results showed that 85.19% of patients were on monotherapy and 14.81% were on combination therapy. 51.85% of patients were compliant with their antihypertensive medication, while 48.15% were non-compliant. In the compliant group, 53.26% used monotherapy and 3.75% a combination, while in the non-compliant group, 46.74% used monotherapy and 56.25% a combination. A total of 58.33% of patients achieved their blood pressure targets and 41.67% did not achieve their blood pressure targets. In the group that achieved their blood pressure targets, 65.22% used monotherapy and 18.75% a combination. The Chi-square test showed no relationship between the type of antihypertensive medication and adherence to medication use ($p=0.666$), but there was a relationship with the achievement of blood pressure targets ($p=0.001$). Therefore, it can be concluded that there is no relationship between the type of antihypertensive medication and adherence to medication use. However, there is a relationship between the type of antihypertensive medication and the achievement of blood pressure targets in hypertensive patients at the Tegalrejo Community Health Center in the period January-December 2025.

Keywords: hypertension, type of antihypertensive medication, compliance, blood pressure, Proportion of Days Covered.