

Description of The Level of Knowledge and Compliance With Medication Adherence in Hypertension Patients at Waru Health Center

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ABSTRACT

Hypertension is an increase in blood pressure >140/90 mmHg. This study aims to evaluate the level of knowledge about hypertension and compliance with taking medication among hypertension sufferers at the Waru Community Health Center. This research uses a quantitative approach with survey methods. The research sample was 99 respondents who visited the Waru Health Center. The information collection instrument was a structured questionnaire which included questions about hypertension knowledge and medication adherence using descriptive methods. The research results show that the level of knowledge about hypertension at the Waru Community Health Center is quite good, with only a small percentage of respondents having adequate knowledge. The results showed that the majority level of knowledge about hypertension was sufficient knowledge, namely 60 respondents (60.6%). The results of the study showed that compliance with taking medication at the Waru Community Health Center was classified as Fairly Compliant. The results showed that the majority of people with hypertension were quite compliant with taking medication, namely 54 respondents (54.5%). These findings indicate the need to increase outreach and education efforts about hypertension in the region. Good knowledge and good medication adherence can contribute to more effective hypertension prevention efforts in the future.

Keywords : Hypertension, Knowledge, Compliance with Medication

INTRODUCTION

Hypertension or high blood pressure is included in the group of non-communicable diseases (PTM), hypertension is blood pressure that experiences an increase of at least systolic to 140 mmHg and diastolic to 90 mmHg. Generally, people with high blood pressure do not realize that they already have high blood pressure because there are no symptoms. This condition can worsen due to an unhealthy lifestyle, so high blood pressure can continue to increase over time and affect important organs such as the heart, brain, kidneys and eyes (Tambuwun, 2021). According to data from the World Health Organization, the prevalence of hypertension in the world reaches 22% of the total world population. Hypertension is divided into two categories based on the cause, including essential (primary) hypertension and secondary hypertension. High blood pressure is a risk factor for the onset of non-communicable diseases (NCDs). The success of treatment can be seen from controlled blood pressure in hypertensive patients. There is a 3-fold risk that hypertensive patients who do not take blood pressure-lowering medication will not experience a decrease in blood pressure.

Medication compliance in hypertensive patients is a very important concern to approach morbidity and mortality due to hypertension and to improve the quality of life of hypertensive patients. In determining the level of medication compliance in high blood pressure patients, there are many factors. These factors can be divided into five factors, including socio-economic factors, health service factors, disease factors, drug factors, and patient factors. To take appropriate steps to increase medication adherence in hypertensive patients, it is important to know and understand the factors associated with medication adherence in hypertensive patients (Aliyah & Damayanti, 2022).

RESEARCH METHOD

This research is a descriptive study using a cross sectional design, where sampling is based on random selection until the number of respondents is 99 people from the community. The data collection method uses a questionnaire about hypertension which is calculated based on the level of knowledge and adherence to taking medication. Next, the author will group the test results according to the criteria of

whether people's knowledge is good, sufficient or insufficient. Respondent consent and respondent data collection were also obtained through community consent. After the data is collected, the researcher will process the data in tabulated form and draw conclusions from the data.

RESULT

The results of data collection obtained characteristics based on Gender, Age, Education, Receiving Information, Source of Information as follows:

Table 1 General Data Characteristics of Elderly Knowledge Level at Waru Community Health Center in 2024

Respondent Characteristics	Frequency (Person)	Percentage (%)
Gender		
Male	56	56.6
Female	43	43.4
Age		
20-45 Years	55	55.6
46-65 Years	42	42.4
Over 65 Years	2	2.0
Level Of Education		
Basic Education	5	5.1
Secondary Education	64	64.6
Higher Education	30	30.3
Getting Information resources		
Once	62	62.6
Never	37	37.4
Media/Electronic Media		
Health Workers	39	39.4
Mass Media	42	42.4
Media/Electronic Media		
Friends/Family	18	18.2

Based on this table, it shows that the gender characteristics of most of the respondents were 56 male respondents. In terms of age characteristics, the majority of respondents were 20 - 45 years old, with 55 respondents. In terms of educational level characteristics, the majority of respondents came from secondary education, totaling 64 respondents. Regarding the characteristics of receiving information, most of them were 62 respondents. Regarding the characteristics of information sources, most

of them came from mass media/electronic media, totaling 42 respondents.

There are two specific data in this study including the level of knowledge of sufferers and the level of compliance with taking medication for hypertension sufferers based on the information received, as seen in the table below:

1. Knowledge Level of Hypertension Sufferers

Table 2 Distribution of Knowledge Level of Hypertension Sufferers at Waru Health Center in 2024

Knowledge Level	Frequency (Person)	Percentage (%)
Good	17	17.2
Enough	60	60.6
Not Enough	22	22.2
Total	99	100.0

Based on the table above, the results showed that the majority of the level of knowledge about hypertension at the Waru Health Center was sufficient, namely 60 respondents (60.6%).

2. Level of Compliance with Taking Medication for Hypertension Sufferers

Table 3 Distribution of Adherence to Medication for Hypertension Sufferers at Waru Community Health Center in 2024

Tingkat Kepatuhan	Frequency (Person)	Percentage (%)
Obedient	37	37.4
Just Be Obedient	54	54.5
Not Obey	8	8.1
Total	99	100.0

Based on the table above, the results showed that the majority of people adhered to taking medication at the Waru Community Health Center, namely 54 respondents (54.5%) had sufficient compliance.

DISCUSSION

1. Level Of Hypertension Knowledge

The results of the Frequency Distribution of Knowledge Levels at the Waru Health Center showed that the majority of respondents' level of knowledge about hypertension was found

to be sufficient knowledge of 60 respondents (60.6%), followed by poor knowledge of 22 respondents (22.2%), and good knowledge of 17 respondents (17.2%). Regarding the level of knowledge about hypertension, respondents are quite aware of the causes, impacts and prevention efforts of hypertension. The level of knowledge is influenced by educational factors. If the education is higher, the information obtained will be broader (Ansori, 2022).

Knowledge is an intrinsic factor that influences behavioral development (Relationship, 2024). A salt diet in hypertensive sufferers is very important in the treatment of hypertension. The results of this study are supported by findings (Siregar, 2022) concluding that the knowledge and attitudes of hypertensive patients have an impact on their compliance with blood pressure control and the occurrence of hypertension-related illnesses or deaths in Nigeria. The health education approach is primarily a strategy or initiative aimed at communicating health information to communities, groups and society (Siregar, 2022)

In this study, hypertension sufferers in the moderate category generally had varying levels of knowledge depending on their education, age and the information they obtained. Higher education tends to be associated with better knowledge about hypertension management and healthy lifestyles, most of the respondents in this study had secondary to tertiary education. Furthermore, age also plays an important role in the level of knowledge with older or older people perhaps having more experience with the condition but not having an in-depth understanding of its management, respondents in this study were mostly aged 20 to 45 years. And the information that respondents generally obtained in this study had received information about hypertension from health workers such as doctors when respondents were controlling hypertension.

2. Compliance with Medication

The results of the distribution of the frequency of compliance with taking medication at the Waru Community Health Center showed that the majority of compliance with taking medication was found to be sufficient compliance with 54 respondents (54.5%), followed by compliant compliance with 37 respondents (37.4%), followed by non-compliance with 8 respondents (8.1%).

Compliance of hypertensive patients with treatment at the Waru Community Health Center. The level of patient compliance can be assessed using the MMAS-8 questionnaire, which shows that the "Fairly Compliant" category shows the highest level of compliance. This shows that there are still a large number of hypertension sufferers who do not comply with the rules for taking prescribed medication (Putri, 2022).

CONCLUSION

Based on the research objectives that have been made, conclusions can be drawn, including:

1. The majority of respondents had a fairly good level of knowledge about hypertension, 60 respondents (60.6%).
2. The majority of respondents were quite compliant in taking medication, 54 respondents (54.5%).

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