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RESEARCH
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# The Relationship Between Medication Adherence and Regular Follow-Up with Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center

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## ABSTRACT

Hypertension is defined as a chronic non-communicable disease that can potentially cause complications such as stroke and heart disease. Patients' medication adherence and regular blood pressure monitoring are contributing factors in maintaining controlled blood pressure and are important aspects of hypertension management. Therefore, this study aimed to analyze the relationship between medication adherence and regular follow-up with blood pressure stability among patients with hypertension. This study used a correlational design with a cross-sectional approach. The sample consisted of 35 respondents selected using total sampling. The instruments used in this study were a medication adherence questionnaire, a regular follow-up questionnaire, and a blood pressure observation sheet. Data were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$. The results showed that the majority of respondents had good medication adherence, with 18 respondents (51%), good regular follow-up adherence, with 14 respondents (40%), and stable blood pressure, with 20 respondents (57%). The Spearman Rank analysis indicated a significant relationship between medication adherence and blood pressure stability ($p < 0.001$; $r = 0.685$), as well as between regular follow-up and blood pressure stability ($p < 0.001$; $r = 0.672$). Based on these findings, there was a significant relationship between medication adherence and regular follow-up with blood pressure stability among the respondents. Better medication adherence and regular follow-up tended to be associated with more stable blood pressure.

**Keywords:** Hypertension; Medication Adherence; Regular Follow-Up; Blood Pressure Stability.

## INTRODUCTION

High blood pressure is one of the factors that plays a major role in heart problems and is the second leading cause of disability globally (Lestari and Syarif, 2024). Theoretically, stable blood pressure in people with hypertension can be achieved through continuous management, particularly adherence to antihypertensive medication and routine blood pressure control at healthcare facilities. The Chronic Disease Management Program (Prolanis) is designed as a systematic effort to optimize patient adherence to treatment recommendations and routine health examinations. However, in real life, there are still people with hypertension who do not maintain regularity in taking medication and do not routinely attend check-ups, resulting in unstable blood pressure despite being registered in the Prolanis program. This condition indicates a gap between the theory of hypertension management and the facts in the

field, particularly in the implementation of medication adherence and routine control as determining factors of blood pressure stability.

Based on data from Sukodono Community Health Center, the number of patients with hypertension was recorded at 992 people in December 2025. The high number of patients with hypertension indicates that this problem has a high priority for research. Failure to comply with prescribed treatment and routine health evaluations can increase the risk of complications associated with high blood pressure. Therefore, it is very important to explore the relationship between adherence to treatment and routine examinations with blood pressure stability in order to improve approaches to managing hypertension more effectively.

Several studies have stated that the adherence of patients with hypertension in undergoing management is influenced by many interrelated variables. Individual factors such as age, sex, educational level, employment status, and duration of having hypertension play a role in determining patients' adherence to treatment and changes in health behavior. In addition, external factors such as patients' understanding of the disease, effects that arise from medication use, fatigue from undergoing treatment, namely taking medication continuously, and lack of family support also contribute to low adherence (Budihardjo, 2025).

Based on the phenomenon and previous research findings, medication adherence and routine control are important components in achieving blood pressure stability in patients with hypertension. Failure to follow advice or treatment recommended by healthcare professionals can cause a number of negative effects on health (Edi, 2015).

Conceptually, this study is based on theoretical thinking that demonstrates the relationship between medication adherence and routine control with blood pressure stability in patients with hypertension. The findings of this study are expected to serve as a basis for improving adherence to medication use, routine examinations, and blood pressure stability among patients with hypertension in the Prolanis Program at Sukodono Community Health Center.

## CLASSIFICATION OF HYPERTENSION

Table 1 Classification of Hypertension Based on JNC-8 in Subjects Aged 18 Years or Older

| Classification of Hypertension | Systolic (mmHg) | Diastolic (mmHg) |
|---|---|---|
| Normal | 100-119 | 70-79 |
| Pre -Hypertension | 120-139 | 80-89 |
| Hypertension stage 1 | 140-159 | 90-99 |
| Hypertension stage 2 | 160-179 | 100-109 |

Table 2 Classification of Hypertension Based on the American Society of Hypertension and the International Society of Hypertension (2013) in Individuals Aged 18 Years or Older

| Classification of Hypertension | Systolic (mmHg) | Diastolic (mmHg) |
|---|---|---|
| Optimal | 100-120 | < 80 |
| Normal | 120-129 | 80-84 |
| Pre -Hypertension | 130-139 | 85-89 |
| Hypertension stage 1 | 140-159 | 90-99 |
| Hypertension stage 2 | 160-179 | 100-109 |
| Hypertension stage 3 | >180 | >110 |
| Isolated Systolic Hypertension | >140 | <90 |

## METHOD

This study was an analytical quantitative study using a *cross-sectional* approach, which aimed to determine the relationship between medication adherence and regular follow-up with blood pressure stability among patients with hypertension in the Prolanis Program at Sukodono Community Health Center. The study was conducted at Cangkringsari Village Hall and Sambungrejo Village Hall, Sukodono District, Sidoarjo Regency, within the working area of Sukodono Community Health Center, from April to May 2026.

The variables in this study were divided into two categories, namely independent and dependent variables. The independent variables in this study included medication adherence and regular blood pressure follow-up, while the dependent variable was blood pressure stability. The instrument used for the independent variables was a questionnaire with an ordinal scale. The questionnaire scores were categorized into several levels, namely good if the score was 23–30, moderate if the score was 17–22, and poor if the score was 10–16.

Meanwhile, the instrument used for the dependent variable was an observation sheet and documentation from patients' books or medical records. Blood pressure stability was measured based on two categories, namely stable if blood pressure was <140/90 mmHg and unstable if blood pressure was ≥140/90 mmHg. The data obtained in this study were then analyzed in two stages, namely univariate analysis and bivariate analysis using the *Spearman's rho* correlation test.

The indicators of the medication adherence questionnaire included the accuracy of medication-taking time, accuracy of medication dosage, frequency of medication intake according to recommendations, and not discontinuing medication without advice from healthcare professionals. For the regular blood pressure follow-up variable, the indicators included compliance with the follow-up visit schedule according to the Prolanis schedule, patient attendance at scheduled follow-up visits, frequency of follow-up visits within a certain period, and consistency in participating in Prolanis activities. Meanwhile, the indicators for blood pressure stability included systolic and diastolic blood pressure values based on records documented by healthcare professionals and blood pressure results based on Prolanis data or medical records. Blood pressure was categorized as stable if the measured blood pressure was <140/90 mmHg and unstable if the measured blood pressure was ≥140/90 mmHg.

The population in this study consisted of Prolanis members with hypertension who attended Prolanis activities at Cangkringsari Village Hall and Sambungrejo Village Hall, Sukodono District, Sidoarjo Regency, totaling 35 members.

In this study, the sampling technique used was *total sampling*. Therefore, all Prolanis members with hypertension who attended Prolanis activities at Cangkringsari Village Hall and Sambungrejo Village Hall, Sukodono District, Sidoarjo Regency, totaling 35 people, were included as the research sample.

## RESULTS

Based on the general characteristics of the 35 Prolanis participants at Sukodono Community Health Center, the majority were female, with 29 respondents (82.86%), while 6 respondents (17.14%) were male. Based on age, the majority were in the 40–59-year age range, consisting of 21 respondents (60%), followed by those aged 60–70 years, consisting of 12 respondents (34.29%), and those aged 20–39 years, consisting of 2 respondents (5.71%). In terms of education, the majority had completed senior high school, with 23 respondents (66%), followed by elementary school education with 6 respondents (17%), junior high school education with 4 respondents (11%), and bachelor's degree education with 2 respondents (6%). In terms of occupation, the majority were housewives, with 26 respondents (74.29%), while 9 respondents (25.71%) were self-employed. In addition, the majority of respondents had been diagnosed with hypertension for more than 5 years, with

26 respondents (74.29%), while 9 respondents (25.71%) had experienced hypertension for less than 5 years (Table 3).

Table 3 Characteristics of Respondents based on Gender, Age, Education Level, Occupation, and Duration of Hypertension Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center, April–May 2026 (N=35)

| Respondent Characteristics | Frequency (n) | Percentage (%) |
|---|---|---|
| **Gender** | | |
| Male | 6 | 17.14 |
| Female | 29 | 82.86 |
| Total | 35 | 100 |
| **Age (years)** | | |
| 20-39 | 2 | 5.71 |
| 40-59 | 21 | 60.0 |
| 60-70 | 12 | 34.29 |
| Total | 35 | 100 |
| **Education Level** | | |
| Elementary School | 6 | 17.0 |
| Junior High School | 4 | 11.0 |
| Senior High School | 23 | 66.0 |
| Bachelor's Degree (Undergraduate) | 2 | 6.0 |
| Total | 35 | 100 |
| **Occupation** | | |
| Housewives | 26 | 74.29 |
| Self-Employed | 9 | 25.71 |
| Total | 35 | 100 |
| **Duration of Hypertension** | | |
| >5 years | 26 | 74.29 |
| <5 years | 9 | 25.71 |
| Total | 35 | 100 |

Based on the medication adherence table, it was found that among the 35 respondents studied, the majority had a good level of medication adherence, with 18 respondents (51%). Furthermore, 13 respondents (37%) had a moderate level of medication adherence, while 4 respondents (11%) had a poor level of medication adherence (Table 4).

Table 4 Distribution of Respondents based on Medication Adherence Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center, April–May 2026 (N=35)

| Medication Adherence | Frequency (n) | Percentage (%) |
|---|---|---|
| Good | 18 | 51.0 |
| Moderate | 13 | 37.0 |
| Poor | 4 | 11.0 |
| Total | 35 | 100 |

Based on the regular follow-up adherence table, it was found that among the 35 respondents studied, the majority had regular follow-up adherence in the good and moderate categories, with 14 respondents (40%) in each category, while 7 respondents (20%) had poor regular follow-up adherence (Table 5).

Table 5 Distribution of Respondents based on Regular Follow-Up Adherence Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center, April–May 2026 (N=35)

| Regular Follow-Up Adherence | Frequency (n) | Percentage (%) |
|---|---|---|
| Good | 14 | 40.0 |
| Moderate | 14 | 40.0 |
| Poor | 7 | 20.0 |
| Total | 35 | 100 |

Based on the blood pressure stability table, it was found that among the 35 respondents studied, the majority had blood pressure in the stable category, with 20 respondents (57%). Meanwhile, 15 respondents (43%) had blood pressure in the unstable category (Table 6).

Table 6 Distribution of Respondents based on Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center, April–May 2026 (N=35)

| Blood Pressure Stability | Frequency (n) | Percentage (%) |
|---|---|---|
| Stable | 20 | 57.0 |
| Unstable | 15 | 43.0 |
| Total | 35 | 100 |

Based on the table showing the relationship between medication adherence and blood pressure, among the 18 respondents who had good medication adherence, 16 respondents (88.9%) had stable blood pressure and 2 respondents (11.1%) had unstable blood pressure. Furthermore, among the 13 respondents who had moderate medication adherence, 4 respondents (30.8%) had stable blood pressure and 9 respondents (69.2%) had unstable blood pressure. Meanwhile, among the 4 respondents who had poor medication adherence, all respondents (100%) had unstable blood pressure.

The results of the Spearman's rho correlation test showed a correlation coefficient of 0.685, indicating a strong and positive relationship, meaning that the better the patients' adherence to taking antihypertensive medication, the higher the likelihood that their blood pressure would be stable. The significance value was $p = 0.001$. Since $p < 0.05$, there was a significant relationship between medication adherence and blood pressure stability among patients (Table 7).

Table 7 Distribution of Respondents based on the Relationship Between Medication Adherence and Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center, April–May 2026 (N=35)

| Relationship Between Medication Adherence and Blood Pressure Stability | Stable n (%) | Unstable n (%) | Total n (%) |
|---|---|---|---|
| Good | 16 (88.9) | 2 (11.1) | 18 (100) |
| Moderate | 4 (30.8) | 9 (69.2) | 13 (100) |
| Poor | 0 (0.0) | 4 (100) | 4 (100) |

| | | | |
|---|---|---|---|
| Spearman's rho | Correlation coefficient = 0,685 | Sig. (2-tailed) = 0,001 | N = 35 |

Based on the table showing the relationship between regular follow-up adherence and blood pressure, among the 14 respondents who had good regular follow-up adherence, 13 respondents (92.9%) had stable blood pressure and 1 respondent (7.1%) had unstable blood pressure. Furthermore, among the 15 respondents who had moderate regular follow-up adherence, 7 respondents (46.7%) had stable blood pressure and 8 respondents (53.3%) had unstable blood pressure. Meanwhile, among the 6 respondents who had poor regular follow-up adherence, all respondents (100%) had unstable blood pressure.

The results of the Spearman's rho correlation test showed a correlation coefficient of 0.672, indicating a strong and positive relationship, meaning that the better the patients' adherence to regular follow-up, the higher the likelihood that their blood pressure would be stable. The significance value was p = 0.001. Since p < 0.05, there was a significant relationship between regular follow-up adherence and blood pressure stability among patients (Table 8).

Table 8 Distribution of Respondents Based on the Relationship Between Regular Follow-Up Adherence and Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center, April–May 2026 (N=35)

| Relationship Between Regular Follow-Up Adherence and Blood Pressure Stability | Stable n (%) | Unstable n (%) | Total n (%) |
|---|---|---|---|
| Good | 13 (92.9) | 1 (7.1) | 14 (100) |
| Moderate | 7 (46.7) | 8 (53.3) | 15 (100) |
| Poor | 0 (0.0) | 6 (100) | 6 (100) |
| Spearman's rho | Correlation coefficient = 0,672 | Sig. (2-tailed) = 0,001 | N = 35 |

## DISCUSSION

1. Medication Adherence Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center

Based on the research findings, the majority of respondents had good medication adherence, with 18 respondents. Medication adherence refers to patients' actions in following healthcare providers' recommendations regarding the appropriate timing, dosage, and frequency of medication use. Good medication adherence plays an important role in hypertension control because it helps maintain stable blood pressure and prevent complications (Siswati *et al.*, 2023). According to the World Health Organization (2025), adherence is influenced by patient-related factors, therapy, disease conditions, healthcare services, and socioeconomic factors. A good understanding of the disease and the benefits of treatment can improve patient adherence (Mala *et al.*, 2025).

Hypertension is a chronic disease that requires long-term treatment; therefore, continuous medication use may cause treatment fatigue and affect adherence. Patients' awareness of their disease and the benefits of treatment can encourage adherence to therapy (Husnawati, 2025). The characteristics of the respondents, who were predominantly in the older age group, as well as their experience and duration of having hypertension, may also be associated with better adherence. This is consistent with the *Health Belief Model*, which explains that perceptions of the benefits and

barriers to treatment influence adherence. Patients who understand the benefits of medication in preventing complications tend to be more adherent, whereas forgetting to take medication, side effects, and lack of support may reduce adherence (Mala *et al.*, 2025).

According to the authors, the good medication adherence among most respondents may be associated with their participation in the Prolanis program, which provides health education, health monitoring, and healthcare provider support. In addition, experience with long-term treatment may increase respondents' awareness of the importance of therapy. Meanwhile, poor adherence may be influenced by forgetting to take medication, treatment fatigue, or the perception that medication is unnecessary when their condition improves. Therefore, education, healthcare provider support, and family support need to be continuously improved to maintain medication adherence and blood pressure stability.

2. Regular Follow-Up Adherence Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center

Based on the research findings, the majority of respondents had regular follow-up adherence in the good and moderate categories. Respondents in the good category consistently attended follow-up visits according to the scheduled appointments, while those in the moderate category continued to attend follow-up visits but were not fully consistent. Nevertheless, respondents in the moderate category remained aware of the importance of monitoring their health through regular blood pressure examinations. Regular follow-up is an important part of hypertension management because it enables healthcare providers to monitor patients' conditions, evaluate treatment effectiveness, and detect complications at an early stage. According to the Ministry of Health of the Republic of Indonesia (Kemenkes, 2021), regular follow-up aims to monitor blood pressure development, assess treatment adherence, and provide continuous education so that therapy can be adjusted and the risk of complications minimized.

According to Khaira and Fatimah (2024), regular follow-up is necessary to monitor patients' conditions and evaluate the success of hypertension therapy. Regular examinations help healthcare providers assess changes in blood pressure and determine the appropriate treatment follow-up. In line with Wahyuni *et al.* (2025), adherence to regular follow-up plays a role in blood pressure control because it allows evaluation of treatment effectiveness and early detection of increased blood pressure. Patients who attend regular follow-up visits have a greater likelihood of maintaining blood pressure within the expected range.

According to the authors, the predominantly good and moderate levels of regular follow-up adherence may be associated with respondents' awareness of the importance of blood pressure examinations and their participation in the Prolanis program, which facilitates follow-up visits according to the scheduled appointments. Respondents in the moderate category may not have been fully consistent due to work, physical conditions, or other circumstances that caused delays in attending visits. Therefore, motivation from healthcare providers and family support need to be increased so that respondents continue to attend regular follow-up visits, allowing blood pressure to be monitored and treatment targets to be achieved.

3. Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center

The research findings showed that the majority of respondents had blood pressure in the stable category. Blood pressure stability indicates that blood pressure can be maintained within a controlled range and is one of the indicators of successful hypertension management. Conversely, unstable blood pressure indicates that blood pressure has not reached the target and therefore requires continuous monitoring and management. According to the Indonesian Society of Hypertension (PERHI, 2021), the target blood

pressure for adults with hypertension is <140/90 mmHg. Achieving this target can reduce the risk of cardiovascular complications, such as stroke, heart disease, and chronic kidney disease.

Khasanah and Maria Paulina Irma Susanti (2019) explained that blood pressure instability can be influenced by various factors, making it difficult to maintain blood pressure within the normal range. Therefore, regular monitoring is necessary to assess the success of hypertension control. According to Sudrajat *et al.* (2024), controlled blood pressure can reduce the risk of complications, whereas unstable blood pressure indicates that hypertension control is not yet optimal and requires continuous management.

4. Relationship Between Medication Adherence and Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center

Based on the research findings, the majority of respondents had a good level of medication adherence, namely 18 respondents. The results showed a significant relationship between medication adherence and blood pressure stability among patients with hypertension. The positive correlation coefficient indicates that the better the adherence to taking medication, the greater the tendency for blood pressure to remain stable. Hypertension is a chronic disease that requires long-term therapy. Adherence to pharmacological therapy plays an important role in achieving blood pressure targets and preventing complications. Therefore, patients need to receive adequate information regarding treatment as well as continuous monitoring of the benefits and side effects of medication (Kemenkes, 2019).

The findings of this study are consistent with the study by Pangesti and Fani (2025), which showed a significant relationship between medication adherence and blood pressure among patients with hypertension. Patients with good medication adherence tend to have better-controlled blood pressure, whereas non-adherence can make blood pressure difficult to control and increase the risk of cardiovascular complications. Amelia, Pitaloka, and Ardianto (2025) also explained that hypertension is a chronic disease that can be controlled through regular medication and lifestyle changes; therefore, adherence is an important factor in maintaining blood pressure stability.

Based on the theory, previous studies, and the research findings, the researchers argue that medication adherence plays an important role in maintaining blood pressure stability among patients with hypertension. Regular medication use allows the therapeutic effects to work optimally, making it easier to maintain stable blood pressure. Conversely, non-adherence can make blood pressure difficult to control and increase the risk of hypertension-related complications.

5. Relationship Between Regular Follow-Up Adherence and Blood Pressure Stability Among Patients with Hypertension in the Prolanis Program at Sukodono Community Health Center

The results showed that the majority of respondents had regular follow-up adherence in the good and moderate categories. The analysis showed a significant relationship between regular follow-up and blood pressure stability among patients with hypertension. This indicates that the better the adherence to regular follow-up, the greater the likelihood that blood pressure can be maintained in a stable condition. Conversely, patients who do not attend regular follow-up visits tend to have less stable blood pressure because changes in their health conditions cannot be monitored optimally.

According to the Ministry of Health of the Republic of Indonesia (Kemenkes, 2019), therapy monitoring is an important part of hypertension management to assess treatment effectiveness, detect medication side effects, monitor patients' conditions, and prevent complications. Regular follow-up allows healthcare providers to monitor blood pressure, evaluate treatment effectiveness, and provide education so that changes in patients' conditions can be identified and managed at an

early stage (Dhrik *et al.*, 2023). In line with Khaira and Fatimah (2024), adherence to regular follow-up plays a role in maintaining blood pressure stability. Regular follow-up is also influenced by knowledge, family support, health behaviors, and interactions with healthcare providers. Good education and support can improve patient adherence, allowing blood pressure monitoring to be carried out continuously and reducing the risk of complications.

According to the authors, the relationship between regular follow-up and blood pressure stability indicates that regular follow-up is an important part of hypertension management. Patients who attend regular follow-up visits have the opportunity to monitor changes in blood pressure, receive treatment evaluations, and obtain education from healthcare providers. Conversely, irregular follow-up may result in delays in identifying changes in blood pressure and adjusting treatment. Therefore, regular follow-up needs to be maintained as part of efforts to keep blood pressure controlled and prevent hypertension-related complications.

## CONCLUSION AND SUGGESTION

### A. Conclusion

Based on the results of the study on the relationship between medication adherence and regular follow-up with blood pressure stability among 35 patients with hypertension in the Prolanis Program at Sukodono Community Health Center, it can be concluded that the majority of respondents had good medication adherence, with 18 respondents (51%). Regular follow-up adherence was mostly in the good and moderate categories, with 14 respondents (40%) in each category. Meanwhile, blood pressure stability was mostly in the stable category, with 20 respondents (57%). These results indicate that the majority of respondents had good adherence to their treatment and were relatively consistent in attending regular follow-up visits, allowing them to maintain stable blood pressure.

The results of the *Spearman's rho* correlation test showed a strong and positive relationship between medication adherence and blood pressure stability ($r = 0.685$; $p = 0.001$), as well as between regular follow-up adherence and blood pressure stability ($r = 0.672$; $p = 0.001$). Since $p < 0.05$, there was a significant relationship between both variables and blood pressure stability. Thus, the better the medication adherence and regular follow-up adherence, the greater the tendency for blood pressure to remain stable.

### B. Suggestion

1. Suggestions for Respondents

Patients with hypertension are expected to improve adherence to taking medication according to the recommended dosage and schedule, as well as attend regular follow-up visits at healthcare facilities to monitor blood pressure. In addition, patients are expected to adopt a healthy lifestyle, such as limiting salt intake, engaging in regular physical activity, avoiding smoking and alcohol, and managing stress. Increased awareness of the importance of continuous blood pressure control is expected to help maintain blood pressure stability and minimize the risk of hypertension-related complications.

2. Suggestions for Healthcare Providers

Healthcare providers are expected to improve education regarding the importance of medication adherence and regular follow-up in maintaining blood pressure stability, as well as conduct periodic monitoring and support to improve adherence among patients with hypertension to their treatment programs.

3. Suggestion for Healthcare Institutions

Healthcare institutions are expected to optimize hypertension management programs through health education, consultation, and regular health monitoring, as well as improve access to information and healthcare services for patients with hypertension to support effective blood pressure control.

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