

Abstrak

DETERMINAN KETIDAKPATUHAN MINUM OBAT PADA IBU HAMIL DENGAN HIPERTENSI DI WILAYAH PERDESAAN KABUPATEN CILACAP

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Latar belakang: Hipertensi pada kehamilan merupakan penyebab utama morbiditas dan mortalitas maternal, terutama di wilayah perdesaan dengan keterbatasan akses layanan kesehatan. Di Kabupaten Cilacap, kondisi ini masih berkontribusi terhadap tingginya angka kematian maternal. Salah satu tantangan utama dalam pengendalian hipertensi kehamilan adalah tingginya ketidakpatuhan ibu hamil dalam mengonsumsi obat antihipertensi. Ketidakpatuhan tersebut diduga dipengaruhi oleh faktor individu, sosial, dan sistem layanan kesehatan yang belum teridentifikasi secara komprehensif. Penelitian ini bertujuan menentukan determinan yang paling berhubungan dengan ketidakpatuhan minum obat antihipertensi pada ibu hamil dengan hipertensi di wilayah perdesaan Kabupaten Cilacap.

Metode: Penelitian kuantitatif dengan desain cross-sectional dilakukan pada 310 ibu hamil dengan hipertensi. Variabel yang diteliti meliputi usia kehamilan, urutan kehamilan, pengetahuan, sikap terhadap pengobatan, penyakit penyerta, riwayat hipertensi, akses layanan kesehatan, dukungan keluarga, dukungan tenaga kesehatan, motivasi pribadi, efek samping obat dan kecemasan, serta ketidakpatuhan minum obat. Ketidakpatuhan diukur menggunakan MMAS-8 yang dimodifikasi, sedangkan variabel lainnya menggunakan kuesioner terstruktur. Analisis dilakukan dengan uji univariat, chi-square, dan regresi logistik multivariat.

Hasil: Hasil bivariat memperlihatkan bahwa variabel pengetahuan, sikap, dukungan keluarga, dan motivasi pribadi memiliki hubungan dengan ketidakpatuhan minum obat hipertensi pada ibu hamil. Sedangkan berdasarkan uji multivariat terdapat dua variabel yang mempengaruhi secara signifikan terhadap ketidakpatuhan minum obat pada ibu hamil diantaranya variabel motivasi pribadi yang kurang terhadap pengobatan dan sikap yang tidak mendukung terhadap pengobatan.

Kesimpulan: Peningkatan motivasi pribadi dan penguatan sikap positif melalui komunikasi edukatif berperan penting dalam meningkatkan kepatuhan terapi antihipertensi pada ibu hamil di wilayah perdesaan.

Kata kunci: ketidakpatuhan, hipertensi kehamilan, ibu hamil, wilayah perdesaan, Cilacap.

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Abstract

DETERMINANTS OF MEDICATION NON-ADHERENCE AMONG PREGNANT WOMEN WITH HYPERTENSION IN RURAL AREAS OF CILACAP REGENCY

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Background: Hypertensive disorders in pregnancy remain a leading cause of maternal morbidity and mortality, particularly in rural areas with limited access to health services. In Cilacap Regency, this condition continues to contribute substantially to maternal deaths. Non-adherence to antihypertensive medication among pregnant women poses a major challenge in controlling the disease. This behavior is presumed to be influenced by individual, social, and health system–related factors that have not been comprehensively identified. This study aimed to determine the determinants most strongly associated with non-adherence to antihypertensive medication among pregnant women with hypertension in rural areas of Cilacap Regency.

Methods: A quantitative study with a cross-sectional design was conducted among 310 pregnant women with hypertension. The variables examined included gestational age, pregnancy order, knowledge, attitudes toward treatment, comorbidities, history of hypertension, access to healthcare services, family support, healthcare provider support, personal motivation, medication side effects, anxiety, and medication non-adherence. Non-adherence was measured using a modified Morisky Medication Adherence Scale (MMAS-8), while the other variables were assessed using structured questionnaires. Data were analyzed using univariate analysis, chi-square tests, and multivariate logistic regression.

Results: The bivariate analysis showed that the variables of knowledge, attitude, family support, and personal motivation were associated with non-adherence to antihypertensive medication among pregnant women. Meanwhile, based on multivariate analysis, two variables were found to have a significant influence on medication non-adherence among pregnant women, namely low personal motivation toward treatment and negative attitudes toward treatment.

Conclusion: Enhancing personal motivation and strengthening positive attitudes through educational communication play an important role in improving adherence to antihypertensive therapy among pregnant women in rural areas.

Keywords: medication non-adherence, hypertension in pregnancy, pregnant women, rural areas, Cilacap.

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