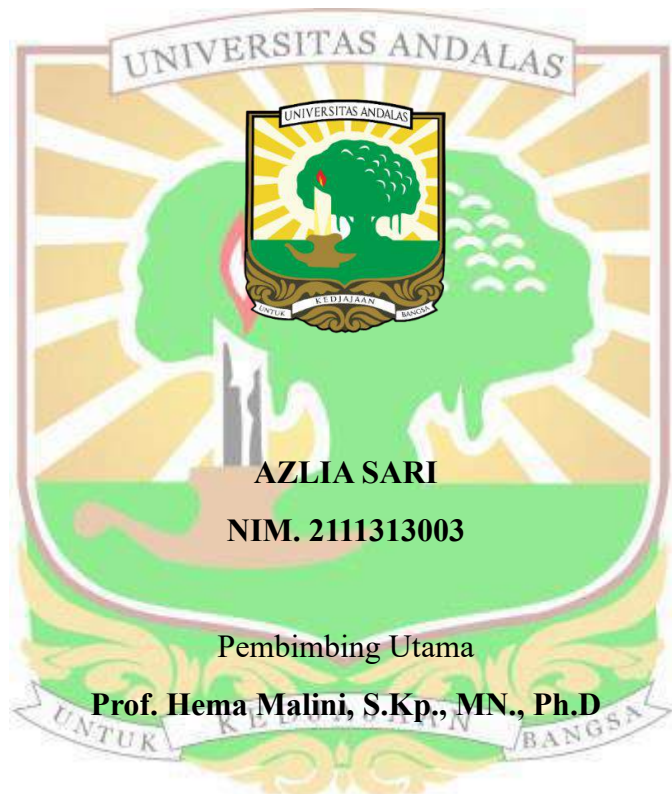


SKRIPSI

**HUBUNGAN *HEALTH LOCUS OF CONTROL* DENGAN KEPATUHAN
MENGONSUMSI OBAT PADA PENDERITA HIPERTENSI
DI WILAYAH KERJA PUSKESMAS ANDALAS**

Penelitian Keperawatan Medikal Bedah



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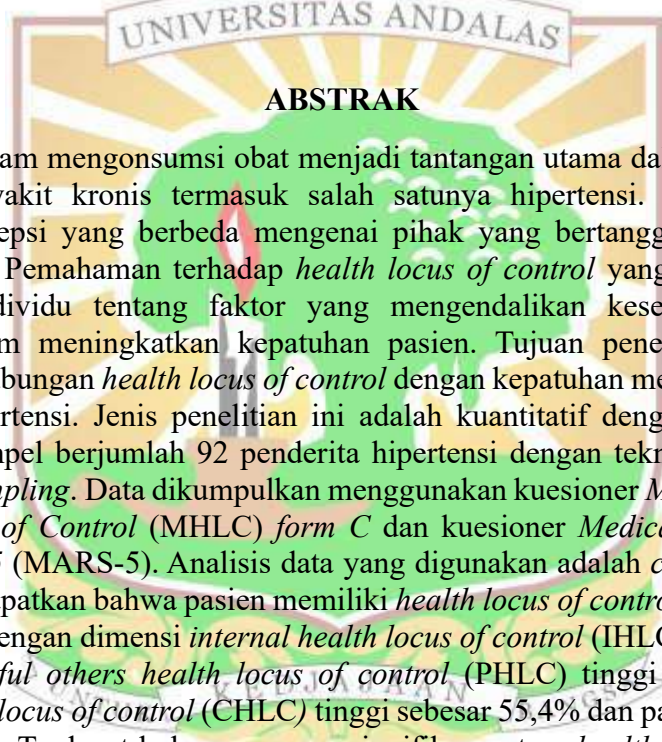
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**Hubungan *Health Locus Of Control* dengan Kepatuhan Mengonsumsi Obat
Pada Penderita Hipertensi di Wilayah Kerja Puskesmas Andalas**



ABSTRAK

Kepatuhan dalam mengonsumsi obat menjadi tantangan utama dalam penanganan berbagai penyakit kronis termasuk salah satunya hipertensi. Setiap individu memiliki persepsi yang berbeda mengenai pihak yang bertanggung jawab atas kesehatannya. Pemahaman terhadap *health locus of control* yang mencerminkan keyakinan individu tentang faktor yang mengendalikan kesehatannya dapat berperan dalam meningkatkan kepatuhan pasien. Tujuan penelitian ini untuk mengetahui hubungan *health locus of control* dengan kepatuhan mengonsumsi obat penderita hipertensi. Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional*. Sampel berjumlah 92 penderita hipertensi dengan teknik pengambilan *accidental sampling*. Data dikumpulkan menggunakan kuesioner *Multidimensional Health Locus of Control (MHLC) form C* dan kuesioner *Medication Adherence Rating Scale-5 (MARS-5)*. Analisis data yang digunakan adalah *chi-square*. Hasil penelitian didapatkan bahwa pasien memiliki *health locus of control* (HLoC) tinggi sebesar 62% dengan dimensi *internal health locus of control* (IHLC) tinggi sebesar 56,5%, *powerful others health locus of control* (PHLC) tinggi sebesar 55,4%, *chance health locus of control* (CHLC) tinggi sebesar 55,4% dan patuh minum obat sebesar 52,2%. Terdapat hubungan yang signifikan antara *health locus of control* dengan kepatuhan minum obat $p=0,000$. Peningkatan kepatuhan minum obat pada penderita hipertensi dapat dicapai melalui intervensi yang mempertimbangkan HLoC pasien. Diharapkan intervensi yang berfokus pada edukasi tentang pengelolaan hipertensi secara mandiri (IHLC), tingkatkan keterlibatan keluarga dalam pemantauan minum obat (PHLC), serta mengubah persepsi fatalistik dengan menampilkan bukti ilmiah (CHLC) dapat menjadi strategi yang efektif dalam meningkatkan kepatuhan.

Kata kunci: Hipertensi, *Health locus of control*, Kepatuhan

Daftar Pustaka: 77 (2011-2024)

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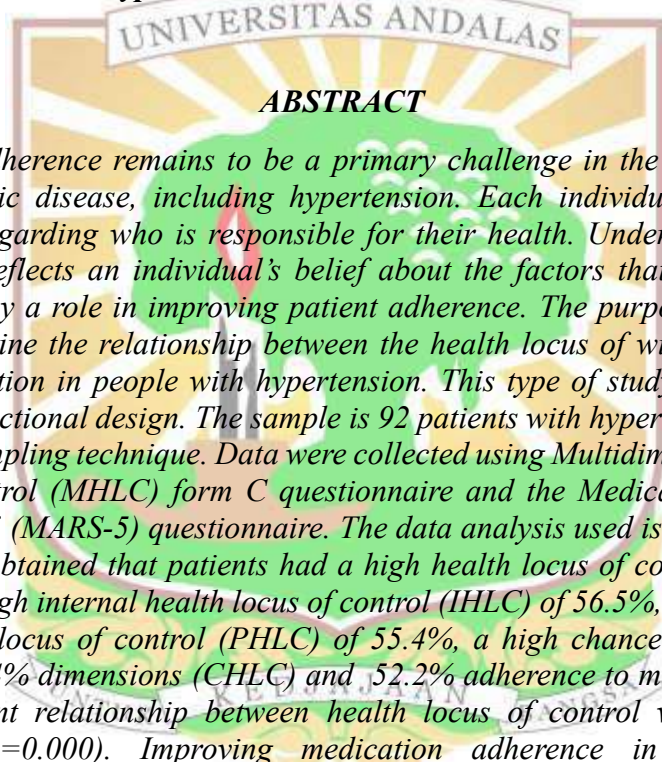
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Relationship Between Health Locus Of Control With Medication Adherence In Patients With Hypertension In Work Area Andalas Public Health



Medication adherence remains to be a primary challenge in the management of various chronic disease, including hypertension. Each individual has different perceptions regarding who is responsible for their health. Understanding health locus which reflects an individual's belief about the factors that influence their health can play a role in improving patient adherence. The purpose of this study was to determine the relationship between the health locus of with adherence to taking medication in people with hypertension. This type of study is quantitative with a cross sectional design. The sample is 92 patients with hypertension using an accidental sampling technique. Data were collected using Multidimensional Health Locus of Control (MHLC) form C questionnaire and the Medication Adherence Rating Scale-5 (MARS-5) questionnaire. The data analysis used is chi-square. The study results obtained that patients had a high health locus of control (HLoC) of 62% with a high internal health locus of control (IHLC) of 56.5%, a high powerful others health locus of control (PHLC) of 55.4%, a high chance health locus of control of 55.4% dimensions (CHLC) and 52.2% adherence to medication. There is a significant relationship between health locus of control with medication adherence ($p=0.000$). Improving medication adherence in patients with hypertension can be achieved through interventions that consider the patients's HLoC. It is expected that interventions that focus on education about self-management of hypertension (IHLC), increasing family involvement in monitoring medication adherence (PHLC), and changing fatalistic perceptions by presenting scientific evidence (CHLC) can be effective strategies to improving adherence.

Keywords: Hypertension, Health locus of control, Adherence

Bibliography: 77 (2011-2024)