

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN  
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

**Tugas Akhir, Juli 2025**

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**Hubungan Akses Layanan Kesehatan Dengan Ketidakpatuhan Regimen  
Terapeutik Penderita Hipertensi Di Puskesmas Simpang Tiga Kota  
Pekanbaru**

**Xii + 51 Halaman + 7 Tabel +1 skema + 14 Lampiran**

**ABSTRAK**

Hipertensi adalah kondisi seseorang mengalami peningkatan tekanan darah di atas nilai normal, ketidakpatuhan terhadap perawatan medis menjadi masalah kesehatan masyarakat yang signifikan dan khususnya memprihatinkan bagi pasien dengan kondisi kronis. Beberapa faktor yang menghambat akses pelayanan kesehatan di Indonesia yaitu faktor internal dan eksternal. Penelitian ini bertujuan untuk mengetahui hubungan akses layanan kesehatan dengan ketidakpatuhan regimen terapeutik penderita hipertensi di Puskesmas Simpang Tiga Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan desain korelasi dengan pendekatan *cross sectional*. Sampel penelitian ini adalah 86 responden yang datang berobat ke Puskesmas Simpang Tiga Kota Pekanbaru pada tanggal 1 juli sampai 9 juli 2025 dan teknik sampling yang digunakan adalah *Accidental Sampling*. Instrumen penelitian ini menggunakan kuesioner akses layanan kesehatan dan kuesioner MMAS-8 (*Morisky Medication Adherence Scale*). Analisis yang digunakan adalah analisis univariat dengan karakteristik responden dan analisis bivariat dengan menggunakan uji *chi square*. Hasil penelitian ini didapatkan bahwa akses layanan kesehatan mayoritas mudah sebanyak 55 orang (64,0%), dan ketidakpatuhan regimen terapeutik mayoritas sedang 39 orang (45,3%) dan uji statistik *chi square* didapatkan nilai  $p\text{ value} = 0,000 < 0,05$  yang artinya  $H_0$  ditolak, sehingga dapat disimpulkan terdapat hubungan akses layanan kesehatan dengan ketidakpatuhan regimen terapeutik penderita hipertensi di Puskesmas Simpang Tiga Kota Pekanbaru

Kata Kunci : Hipertensi, Akses layanan kesehatan, Ketidakpatuhan regimen terapeutik

Daftar Bacaan : 41 (2016 – 2025)

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***Final Project, July 2025***

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***The Relationship Between Access to Health Services and Non-Adherence to  
Therapeutic Regimens in Hypertension Patients at the Simpang Tiga Community  
Health Center, Pekanbaru City***

***Xii + 51 Pages + 7 Tables + 1 Scheme + 14 Appendices***

#### **ABSTRACT**

Hypertension is a condition where a person experiences an increase in blood pressure above normal values. Non-compliance with medical treatment is a significant public health problem and is particularly concerning for patients with chronic conditions. Several factors hinder access to health services in Indonesia, namely internal and external factors. This study aims to determine the relationship between access to health services and non-compliance with therapeutic regimens for hypertension patients at the Simpang Tiga Community Health Center in Pekanbaru City. This study is a quantitative study with a correlation design with a cross-sectional approach. The sample of this study was 86 respondents who came for treatment to the Simpang Tiga Community Health Center in Pekanbaru City on July 1 to July 9, 2025 and the sampling technique used was Accidental Sampling. This research instrument used a health service access questionnaire and the MMAS-8 (Morisky Medication Adherence Scale) questionnaire. The analysis used was univariate analysis with respondent characteristics and bivariate analysis using the chi-square test. The results of this study showed that access to health services was easy for the majority of 55 people (64.0%), and non-compliance with therapeutic regimens was moderate for the majority of 39 people (45.3%) and the chi square statistical test obtained a  $p$  value =  $0.000 < 0.05$  which means  $H_0$  is rejected, so it can be concluded that there is a relationship between access to health services and non-compliance with therapeutic regimens for hypertension sufferers at the Simpang Tiga Community Health Center in Pekanbaru City.

**Keywords** : Hypertension, Access to health services, Non-adherence to therapeutic regimens

**Reading List** : 41 (2016 – 2025)