

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

**Skripsi, Agustus 2024
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**Pengaruh Penggunaan *Pill Box Organizer* Terhadap Kepatuhan Minum Obat
Hipertensi Di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru**

XIV + 52 halaman + 8 tabel + 1 skema + 13 lampiran + 1 gambar

ABSTRAK

Hipertensi adalah penyakit yang dikenal dengan istilah “pembunuh diam-diam” atau “*the silent killer*” karena sering terjadi tanpa adanya gejala. Setiap tahun penderita hipertensi terus meningkat. Peningkatan penderita hipertensi dikaitkan dengan kurang patuhnya penderita hipertensi dalam mengkonsumsi obat antihipertensi. Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan *pill box* terhadap kepatuhan minum obat pasien hipertensi. Jenis penelitian ini adalah penelitian kuantitatif dengan metode *Quasy Experiment* dengan pendekatan *Pre-Post tes Non Control Grup*. Sampel penelitian sebanyak 16 responden yang memenuhi kriteria selama 1-18 Juli 2024 di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru. Instrumen yang digunakan adalah kuesioner *Morisky Medication Adherence Scale 8- Item* (MMAS-8). Analisis data penelitian ini menggunakan uji *Paired Sample T Test* dengan interpretasi nilai ($p \text{ value} = <0,001$) yaitu H_0 ditolak dengan artian terdapat pengaruh penggunaan *pill box* terhadap kepatuhan minum obat. Hasil dari uji univariat didapatkan dari 16 responden 14 orang (87,6%) mayoritas berusia 46-65 tahun dengan mayoritas perempuan 14 orang (87,6%) dan berpendidikan SMP 7 orang (43,8%) dengan rata-rata kepatuhan sebelum diberikan *pill box* 2,83 dan setelah diberikan *pill box* rata-rata kepatuhan minum obat sebanyak 6,50. Kesimpulan dari penelitian ini adalah penggunaan *Pill box* dapat memengaruhi kepatuhan minum obat pasien hipertensi. Saran bagi Puskesmas Simpang Tiga Kota Pekanbaru hendaknya dapat merekomendasikan pasien membeli *pill box* dengan biaya sendiri dan digunakan sebagai pengingat minum obat pasien.

**Kata Kunci : Hipertensi, Kepatuhan Minum Obat, *Pill Box*
Daftar Pustaka : 36 (2016-2023)**

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***Thesis, August 2024
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The Effect Of Using Pill Box Organizer On Adherence To Taking Hypertension Medication In The Working Area Of Simpang Tiga Health Center In Pekanbaru City.

XIV + 52 pages + 8 tables + 1 scheme + 12 attachments + 1 pictures

ABSTRACT

Hypertension is a disease known as “the silent killer” because it often occurs without symptoms. Every year hypertension patients continue to increase. The increase in hypertension patients is associated with the lack of compliance of hypertension patients in taking antihypertensive drugs. This study aims to determine the effect of pill box use on hypertension patients' medication compliance. This type of research is quantitative research with the Quasy Experiment method with the Pre-Post test Non Control Group approach. The research sample was 16 respondents who met the criteria during July 1-18, 2024 in the Simpang Tiga Health Center Working Area, Pekanbaru City. The instrument used was the Morisky Medication Adherence Scale 8- Item (MMAS-8) questionnaire. The data analysis of this study used the Paired Sample T Test test with the interpretation of the value (p value = <0.001), namely H_0 was rejected, meaning that there was an effect of using pill boxes on compliance with taking medication. The results of the univariate test obtained from 16 respondents 14 people (87.6%) the majority were aged 46-65 years with a majority of women 14 people (87.6%) and had a junior high school education 7 people (43.8%) with an average compliance before being given a pill box 2.83 and after being given a pill box the average compliance with taking medication was 6.50. The conclusion of this study is that the use of pill boxes can affect the compliance of taking medication for hypertensive patients. Suggestions for Puskesmas Simpang Tiga Pekanbaru City should be able to recommend patients to buy pill boxes at their own expense and used as a reminder to take patient medication.

Keywords: Hypertension, Medication Adherence, Pill Box

References: 36 (2016-2023)