

ABSTRAK

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HUBUNGAN *SELF-COMPASSION* TERHADAP KEPATUHAN MINUM OBAT PADA PENDERITA HIPERTENSI DI PUSKESMAS BINONG

(xiii + 82 Halaman ; 1 Bagan ; 4 Tabel ; 16 Lampiran)

Self-Compassion adalah kemampuan menerima diri sendiri tanpa kritik saat menghadapi kesulitan yang berperan penting dalam meningkatkan kepatuhan minum obat terutama pada penderita hipertensi. Penelitian ini bertujuan untuk mengetahui hubungan *self-compassion* terhadap kepatuhan minum obat pada penderita hipertensi di Puskesmas Binong. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional *cross-sectional*. Populasi dalam penelitian ini sebanyak 997 penderita hipertensi dan diperoleh sampel sebanyak 314 responden dengan teknik *purposive sampling*. Instrumen yang digunakan adalah kuesioner *Self-Compassion Scale* (SCS) dan *Morisky Medication Adherence Scale 8-item* (MMAS-8), keduanya diuji validitas dan reliabilitasnya. Hasil penelitian menyatakan sebanyak 166 responden (52,9%) memiliki tingkat *self-compassion* rendah dan 148 responden (47,1%) memiliki tingkat *self-compassion* tinggi, dan 127 responden (40,4%) memiliki tingkat kepatuhan minum obat rendah, 91 responden (29,0%) tingkat kepatuhan sedang, dan 96 responden (30,6%) tingkat kepatuhan tinggi. Analisis hubungan menunjukkan bahwa terdapat hubungan yang signifikan antara *self-compassion* dengan kepatuhan minum obat dengan nilai signifikan adalah $p=0.001$ ($p<0,05$) yang artinya variabel *self-compassion* memengaruhi variabel kepatuhan minum obat. Penelitian ini diharapkan menjadi landasan untuk intervensi berbasis psikologis yang lebih luas untuk meningkatkan kepatuhan minum obat.

Kata kunci : Hipertensi, Kepatuhan minum obat, *Self-Compassion*

Referensi : 64 (2003-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN SELF-COMPASSION AND MEDICATION ADHERENCE IN HYPERTENSIVE PATIENTS AT BINONG HEALTH CENTER

(xiii+82 Pages ; 1 Charts ; 4 Table ;16 Attachment)

Self-Compassion is the ability to accept oneself without criticism when facing difficulties that play an important role in increasing medication adherence, especially in patients with hypertension. This study aims to determine the relationship between self-compassion and medication adherence in patients with hypertension at the Binong Health Center. This study used a quantitative approach with a cross-sectional correlational design. The population in this study was 997 patients with hypertension and a sample of 314 respondents was obtained using a purposive sampling technique. The instruments used were the Self-Compassion Scale (SCS) questionnaire and the Morisky Medication Adherence Scale 8-item (MMAS-8), both of which were tested for validity and reliability. The results of the study stated that 166 respondents (52.9%) had low self-compassion and 148 respondents (47.1%) had high self-compassion, and 127 respondents (40.4%) had low medication adherence, 91 respondents (29.0%) had moderate adherence, and 96 respondents (30.6%) had high adherence. The relationship analysis shows that there is a significant relationship between self-compassion and medication adherence with a significant value of $p = 0.001$ ($p < 0.05$), which means that the self-compassion variable affects the medication adherence variable. This study is expected to be the basis for broader psychological-based interventions to improve medication adherence.

Keywords: Hypertension, Medication Adherence, Self-Compassion
References:64 (2003-2024)