

Kepatuhan Konsumsi Obat Hipertensi dan DASH Diet dengan Tekanan Darah Penderita Hipertensi

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ABSTRAK

Latar belakang: Jumlah penderita hipertensi usia ≥ 15 tahun di Puskesmas Kedungmundu sebesar 25.687 orang pada tahun 2023. Mengingat hipertensi adalah penyakit yang tidak dapat disembuhkan sehingga diperlukan upaya untuk mengontrol tekanan darah seperti pengaturan pola makan, kepatuhan konsumsi obat, dan pemantauan tekanan darah.

Tujuan: Menganalisis hubungan antara kepatuhan konsumsi obat hipertensi dan DASH diet dengan tekanan darah.

Metode: Penelitian menggunakan desain *cross sectional* dengan 90 subjek anggota Prolanis yang dipilih menggunakan metode *purposive sampling* di Puskesmas Kedungmundu. Tekanan darah diperoleh melalui pengukuran menggunakan *sphygmomanometer* digital, kepatuhan konsumsi obat dievaluasi menggunakan kuesioner *Morisky Medication Adherence Scale* (MMAS-8), kepatuhan DASH diet dinilai berdasarkan kuesioner kepatuhan diet, dan aktivitas fisik diukur dengan menghitung total durasi aktivitas yang dilakukan selama satu minggu. Analisis statistik menggunakan uji *rank spearman* dan regresi linear berganda.

Hasil: Sebanyak 64,5% subjek mengalami hipertensi. Subjek yang memiliki skor kepatuhan obat dan diet rendah berturut-turut sebanyak 58,9% dan 30%. Analisis bivariat menunjukkan bahwa kepatuhan konsumsi obat ($r = -0,440$; $p = 0,000$), kepatuhan DASH diet ($r = -0,302$; $p = 0,004$), usia ($r = -0,321$; $p = 0,002$), dan aktivitas fisik ($r = -0,208$; $p = 0,049$) memiliki hubungan negatif dengan tekanan darah sistolik. Selain itu, kepatuhan konsumsi obat ($r = -0,288$; $p = 0,006$), kepatuhan DASH diet ($r = -0,309$; $p = 0,003$), dan usia ($r = -0,357$; $p = 0,001$) juga berhubungan negatif dengan tekanan darah diastolik. Pada analisis multivariat, kepatuhan konsumsi obat ($p = 0,000$) dan kepatuhan DASH diet ($p = 0,001$) tetap berhubungan negatif dengan tekanan darah sistolik ($R^2 = 0,249$). Sementara itu, kepatuhan konsumsi obat ($p = 0,006$), kepatuhan DASH diet ($p = 0,014$), dan usia ($p = 0,006$) berhubungan negatif dengan tekanan darah diastolik ($R^2 = 0,210$).

Simpulan: Kepatuhan konsumsi obat dan DASH diet merupakan variabel yang paling berhubungan dengan tekanan darah sistolik maupun diastolik.

Kata kunci: Kepatuhan, DASH Diet, Konsumsi Obat, Hipertensi, Prolanis

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Adherence to Antihypertensive Medication and the DASH Diet in Relation to Blood Pressure Among Hypertensive Patients

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ABSTRACT

Background: The number of hypertension cases among individuals aged ≥ 15 years at Kedungmundu Community Health Center was 25,687 in 2023. Considering that hypertension is an incurable condition, it is essential to implement effective blood pressure control measures, including dietary management, adherence to medication, and routine blood pressure monitoring.

Objective: This study aims to analyze the correlation between adherence to antihypertensive medication and the DASH diet with blood pressure.

Methods: This study used a cross-sectional method with 90 Prolanis participants selected using purposive sampling. Blood pressure was measured by digital sphygmomanometer. Medication adherence was assessed using the 8-item Morisky Medication Adherence Scale (MMAS-8), while DASH diet adherence was evaluated using a dietary adherence questionnaire. Physical activity was measured by calculating the total duration of activities performed over one week. Data were analyzed using Spearman's rank correlation and multiple linear regression.

Results: There were 64,5% subjects had hypertension. Low adherence was found in 58.9% of subjects for medication and 30% for the DASH diet. Bivariate analysis showed a negative correlation between medication adherence ($r = -0.440$; $p = 0.000$), DASH diet adherence ($r = -0.302$; $p = 0.004$), age ($r = -0.321$; $p = 0.002$), and physical activity ($r = -0.208$; $p = 0.049$) with systolic blood pressure. Additionally, medication adherence ($r = -0.288$; $p = 0.006$), DASH diet adherence ($r = -0.309$; $p = 0.003$), and age ($r = -0.357$; $p = 0.001$) were negatively correlated with diastolic blood pressure. In multivariate analysis, medication adherence ($p = 0.000$) and DASH diet adherence ($p = 0.001$) remained negatively correlated with systolic blood pressure ($R^2 = 0.249$). Meanwhile, medication adherence ($p = 0.006$), DASH diet adherence ($p = 0.014$), and age ($p = 0.006$) were negatively correlated with diastolic blood pressure ($R^2 = 0.210$).

Conclusion: Adherence to medication and the DASH diet were the variables most correlated with both systolic and diastolic blood pressure.

Keywords: Medication Adherence, DASH Diet, Blood Pressure, Hypertension

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