

ABSTRAK

TARISA, H. N., 2025. PENGARUH WHATSAPP REMINDER TERHADAP KEPATUHAN MINUM OBAT DAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI PUSKESMAS GAMBIRSARI, USULAN SKRIPSI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI, SURAKARTA. Dibimbing oleh Dr. apt. Jason Merari Peranginangin, S.Si., MM., M.Si. dan apt. Inaratul Rizkhy Hanifah, S.Farm., M.Sc.

Hipertensi merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang serta kepatuhan yang baik terhadap terapi farmakologis. Ketidakepatuhan minum obat, terutama akibat lupa, masih sering terjadi pada pasien hipertensi di pelayanan kesehatan primer dan berpotensi menghambat pencapaian kontrol tekanan darah. Pemanfaatan teknologi komunikasi seperti *WhatsApp reminder* menjadi alternatif intervensi yang praktis dan mudah diakses untuk membantu meningkatkan keteraturan konsumsi obat antihipertensi. Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan *WhatsApp reminder* terhadap kepatuhan minum obat dan tekanan darah pada pasien hipertensi di Puskesmas Gambirsari.

Penelitian ini menggunakan desain kuantitatif *quasi-experimental* dengan rancangan *pretest-posttest with control group*. Pengambilan sampel dilakukan secara *consecutive sampling* terhadap 121 responden yang dibagi ke dalam kelompok intervensi dan kelompok kontrol. Kepatuhan minum obat diukur menggunakan kuesioner ProMAS dengan metode *pill count* sebagai data pendukung, sedangkan tekanan darah sistolik dan diastolik diperoleh dari rekam medis pasien.

Hasil penelitian menunjukkan bahwa *WhatsApp reminder* berpengaruh signifikan terhadap peningkatan kepatuhan minum obat pada kelompok intervensi dan berbeda bermakna dibandingkan kelompok kontrol ($p < 0,001$). Intervensi juga berpengaruh terhadap perubahan tekanan darah sistolik dan diastolik, namun tidak terdapat perbedaan tekanan darah antar kelompok setelah intervensi ($p > 0,05$). Tidak ditemukan hubungan antara tingkat kepatuhan minum obat dan tekanan darah setelah intervensi.

Kata kunci: Hipertensi, WhatsApp Reminder, Kepatuhan Minum Obat, Tekanan Darah

ABSTRACT

TARISA, H. N., 2025. THE EFFECT OF WHATSAPP REMINDER ON MEDICATION ADHERENCE AND BLOOD PRESSURE IN HYERTENSIVE PATIENTS AT PUSKESMAS GAMBIRSARI PUBLIC HEALTH CENTER, UNDERGRADUATE THESIS PROPOSAL, FACULTY OF PHARMACY, UNIVERSITY OF SETIA BUDI, SURAKARTA. Supervised by Dr. apt. Jason Merari Peranginangin, S.Si., MM., M.Si. and apt. Inaratul Rizkhy Hanifah, S.Farm., M.Sc.

Hypertension is a chronic disease that requires long-term management and good adherence to pharmacological therapy. Medication non-adherence, particularly due to forgetfulness, remains common among patients in primary healthcare settings and may hinder the achievement of optimal blood pressure control. The use of communication technology such as *WhatsApp reminders* has emerged as a practical and easily accessible intervention to improve the regularity of antihypertensive medication intake. This study aimed to determine the effect of *WhatsApp reminders* on medication adherence and blood pressure among hypertensive patients at Gambirsari Public Health Center.

This study employed a quantitative *quasi-experimental* design with a *pretest–posttest with control group* approach. Sampling was conducted using a *consecutive sampling* method involving 121 respondents divided into intervention and control groups. Medication adherence was measured using the ProMAS questionnaire, with the *pill count* method used as supporting data, while systolic and diastolic blood pressure were obtained from patients' medical records.

The results showed that *WhatsApp reminders* significantly improved medication adherence in the intervention group and differed significantly from the control group after the intervention ($p < 0.001$). The intervention also affected changes in systolic and diastolic blood pressure in the intervention group; however, no significant difference in blood pressure was observed between groups after the intervention ($p > 0.05$). No significant relationship was found between medication adherence and blood pressure after the intervention.

Keywords: Hypertension, WhatsApp Reminder, Medication Adherence, Blood Pressure