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Princess Monela

The Relationship between Medication Compliance and Diet with Blood Pressure in Hypertension Sufferers at the Lubuk Buaya Health Center, Padang City in 2023

xii + 94 pages, 10 tables, 3 figures, 11 attachments

ABSTRACT

Hypertension is a non-communicable disease (PTM) which is a global health problem. Through the interviews conducted, there were respondents who said they were lacking in choosing food and were less compliant in taking medication. The purpose of this study was to determine the relationship between medication adherence and diet with blood pressure in hypertensive patients at the Lubuk Buaya Health Center, Padang City in 2023. The method and type of research used in this study was descriptive analytic. The time of this research will be carried out from March to August 2023. Data collection was carried out on 2-9 August 2023. The population in this study were hypertensive patients with a total of 327 samples taken using an accidental sampling technique of 76 respondents. Data were analyzed univariately and bivariately using the Chi-Square test. The results of the study found that there were many, namely 55.3% of respondents who were not compliant with taking medication, many, namely 57.9% of respondents had a poor eating pattern, and many obtained, namely 63.2% of respondents had high blood pressure. There is a relationship between medication adherence ($p=0.000$), diet ($p=0.001$) and blood pressure in people with hypertension at the Lubuk Buaya Health Center in Padang City in 2023. It is hoped that health workers can find out more about the factors that cause hypertension. and education for hypertension sufferers to be able to cope with the increase in blood pressure.

Reading List : 2013-2021

Keywords : Medication Compliance, Diet, Hypertension, blood pressure.