

## ABSTRAK

Aprilea Nurfitriana (2025) Asuhan Keperawatan Pada Pasien Lansia Hipertensi dengan Ketidakpatuhan Minum Obat di Puskesmas Balong Kabupaten Ponorogo, Karya Tulis Ilmiah Studi Kasus. Program Studi D III Keperawatan Ponorogo, Jurusan Keperawatan, Poltekkes Kemenkes Malang. Pembimbing Yustina Purwaningsih SST, M.K.M.

Hipertensi merupakan penyakit yang tidak dapat disembuhkan dan penyebab kematian terbesar, namun hipertensi dapat dikendalikan dengan kepatuhan minum obat untuk menjaga kestabilan tekanan darah. Penelitian ini bertujuan untuk menganalisis Asuhan Keperawatan Lansia Hipertensi dengan Ketidakpatuhan Minum Obat Hipertensi di Wilayah Kerja Puskesmas Balong Ponorogo. Desain penelitian deskriptif dengan pendekatan studi kasus. Partisipan pada penelitian adalah Lansia hipertensi berusia 60 tahun ke atas, pasien yang menderita hipertensi lebih dari 6 bulan atau kronis. Data yang dikumpulkan dengan cara wawancara, observasi, pemeriksaan fisik dan dokumentasi. Hasil penelitian pada pengkajian didapatkan skore kepatuhan 2 (tidak patuh). Diagnosa keperawatan adalah ketidakpatuhan minum obat. Intervensi untuk mengatasi masalah ketidakpatuhan yaitu dukungan keluarga (*Health Education*) tentang penyakit hipertensi, *aplikasi my therapy* pengingat pengobatan dan *family support*. Implementasi dilakukan selama 7 hari. Evaluasi didapatkan setelah dilakukan intervensi selama 7 hari, nilai kepatuhan meningkat dari tidak patuh (nilai 2) menjadi patuh (nilai 8). Peningkatan kepatuhan dipengaruhi oleh dukungan kepatuhan *Health Education* dari peneliti, pasien yang kooperatif sehingga mampu mengontrol kepatuhan minum obat dengan baik, konsisten dan dapat mencegah ketidakpatuhan minum obat.

**Kata kunci: Hipertensi, Lansia, ketidakpatuhan , Dukungan**

## **ABSTRAK**

*Aprilea Nurfitriana (2025) Nursing Care for Elderly Hypertension Patients with Non-Compliance with Taking Medication at Balong Community Health Center, Ponorogo Regency, Case Study Scientific Paper. D III Nursing Study Program Ponorogo, Nursing Department, Health Polytechnic Ministry of Health Malang. Supervisor Yustina Purwaningsih SST, M.K.M.*

*Hypertension is an incurable disease and the biggest cause of death, but hypertension can be controlled with medication compliance to maintain stable blood pressure. This study aims to analyze Nursing Care for Elderly Hypertension with Non-Compliance in Taking Hypertension Medication in the Balong Ponorogo Health Center Work Area. The research design descriptive with a case study approach. Participants in the study were elderly hypertensive aged 60 years and over, patients who have suffered from hypertension for more than 6 months or chronic, patients and families who are able to read and write well, patients who live with their families. Data were collected by interview, observation, physical examination and documentation. The results of the study in the assessment obtained a compliance score of 2 (non-compliant). Interventions to overcome the problem of non-compliance are family support (Health Education) about hypertension, the my therapy application as a medication reminder and family support. The level of medication compliance using the MMAS-8 questionnaire, the evaluation was obtained after the intervention for 7 days, the compliance value increased from non-compliant (value 2) to compliant (value 8). Increased compliance is influenced by the support of Health Education compliance from researchers, cooperative patients so that they are able to control compliance with taking medication well, consistently and can prevent non-compliance with taking medication.*

**Keywords:** *Hypertension, Elderly, non-compliance, support*

