

STUDY OF CONTROL ADHERENCE IN HYPERTENSIVE PATIENTS AT
POSYANDU ILP MARS, KARANGSOKO VILLAGE, WORKING AREA OF
TRENGGALEK PUBLIC HEALTH CENTER

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ABSTRACT

Background: Hypertension is a disease that can cause serious complications such as stroke, heart disease, and kidney failure if not properly controlled. Adherence to regular health control is very important to maintain stable blood pressure; however, many patients still do not routinely undergo examinations. Posyandu ILP is one of the healthcare service efforts to assist in monitoring hypertensive patients.

Research Objective: To identify the characteristics of hypertensive patients at Posyandu ILP Mars in the working area of Trenggalek Public Health Center and to identify control adherence among hypertensive patients at Posyandu ILP Mars.

Research Method: This study used a quantitative descriptive research design. The population consisted of 50 people, with a sample of 24 respondents selected using accidental sampling technique. The study was conducted from April 20 to May 20, 2026. Data were collected using questionnaires and analyzed using univariate analysis.

Results: The results showed that most respondents were aged 58–67 years (58%), had attended Posyandu ILP for more than 1 year (54%), were female (92%), had elementary school/equivalent education (50%), were married (100%), and mostly worked as housewives (79%). The most frequently visited health service was Posyandu ILP (74%). In addition, most respondents were adherent in hypertension control, with 20 respondents (83%) categorized as adherent.

Conclusion: Nearly all patients with hypertension at the ILP Mars Integrated Health Post within the working area of the Trenggalek Community Health Center demonstrated adherence to their scheduled follow-up visits.

Keywords: Control Adherence, Hypertension, Posyandu ILP.