

ABSTRAK

PENGARUH KEPATUHAN TERAPI ANTIHIPERTENSI PADA IBU HAMIL HIPERTENSI TERHADAP RISIKO TERJADINYA PREEKLAMPSIA DI PUSKESMAS SEBABI KECAMATAN TELAWANG KABUPATEN KOTAWARINGIN TIMUR

Nurul Hidayatus Solihah¹, Lely Khulafa'ur R²

³Fakultas Kebidanan

⁴Universitas STRADA Indonesia

⁵E-mail : nurulhidayatus_2025@gmail.com

Ketidakpatuhan ibu hamil dalam menjalani terapi antihipertensi berdampak pada terganggunya keberhasilan terapi. Banyaknya obat antihipertensi yang beredar menjadikan penggunaan obat antihipertensi pada kehamilan tidak sesuai resep yang diberikan dokter bahkan ibu hamil dapat membeli di apotek terdekat. Tujuan penelitian ini adalah untuk mengetahui pengaruh kepatuhan terapi antihipertensi pada ibu hamil hipertensi terhadap risiko terjadinya preeklampsia di Puskesmas Sebabi Kecamatan Telawang Kabupaten Kotawaringin Timur.

Desain penelitian ini adalah *analitik korelasional* dengan pendekatan *cross sectional*. Responden diambil dengan teknik *purposive sampling* yang memenuhi kriteria inklusi dan eksklusi sebanyak 30 orang. Variabel independen adalah kepatuhan terapi antihipertensi pada ibu hamil hipertensi dan variabel dependen adalah risiko terjadinya preeklampsia. Hasil uji statistik menggunakan *fisher's exact test* dan uji *regresi logistic* dengan nilai $\alpha = 0,05$.

Hasil penelitian menunjukkan bahwa kepatuhan terapi antihipertensi pada ibu hamil hipertensi diketahui hampir seluruh responden sebanyak 26 (86.7%) dalam kategori patuh minum obat. Risiko terjadinya preeklampsia diketahui hampir seluruh responden sebanyak 27 (90.0%) dalam kategori tidak berisiko.

Hasil uji statistik diketahui ada pengaruh kepatuhan terapi antihipertensi pada ibu hamil hipertensi terhadap risiko terjadinya preeklampsia, diperoleh nilai *p value* sebesar $0,000 < \alpha = 0,05$.

Berdasarkan hasil penelitian maka dapat disimpulkan bahwa semakin patuh ibu hamil minum obat antihipertensi maka tidak berisiko terjadi preeklampsia. Diharapkan agar Bidan selalu memberikan edukasi kepada ibu hamil tentang kepatuhan terapi antihipertensi dalam pencegahan risiko terjadinya preeklampsia.

Kata Kunci : Hipertensi, Ibu Hamil, Kepatuhan, Preeklampsia, Terapi Antihipertensi

ABSTRACT

THE EFFECT OF ANTIHYPERTENSIVE THERAPY COMPLIANCE IN PREGNANT WOMEN WITH HYPERTENSION ON THE RISK OF PREECLAMPSIA AT THE SEBABI COMMUNITY HEALTH CENTER, TELAWANG DISTRICT EAST KOTAWARINGIN REGENCY

Nurul Hidayatus Solihah¹, Lely Khulafa'ur R²

³Fakultas Kebidanan

⁴Universitas STRADA Indonesia

⁵E-mail : nurulhidayatus_2025@gmail.com

Noncompliance of pregnant women in undergoing antihypertensive therapy has an impact on the disruption of therapy success. The wide availability of antihypertensive drugs means that antihypertensive drugs are often used during pregnancy without following the doctor's prescription, and pregnant women can even purchase them at their local pharmacy. The purpose of this study was to determine the effect of antihypertensive therapy compliance in pregnant women with hypertension on the risk of preeclampsia at the Sebabi Community Health Center in Telawang District, East Kotawaringin Regency.

The design of this study was correlational with a cross-sectional approach. Respondents were selected using purposive sampling techniques and met the inclusion and exclusion criteria, totaling 30 people. The independent variable was adherence to antihypertensive therapy in pregnant women with hypertension, and the dependent variable was the risk of preeclampsia. Statistical tests were performed using Fisher's exact test and regresi logistic with a value of $\alpha = 0.05$.

The results showed that almost all respondents (26, or 86.7%) were compliant with antihypertensive therapy for pregnant women with hypertension. Almost all respondents (27, or 90.0%) were found to be at no risk of preeclampsia.

Statistical tests showed that there was an effect of antihypertensive therapy adherence in pregnant women with hypertension on the risk of preeclampsia, with a p-value of $0.000 < \alpha = 0.05$.

Based on the research results, it can be concluded that the more compliant pregnant women are in taking antihypertensive medication, the lower the risk of preeclampsia. It is hoped that midwives will always provide education to pregnant women about antihypertensive therapy compliance in preventing the risk of preeclampsia.

Keywords : Hypertension, Pregnant Women, Compliance, Preeclampsia, Antihypertensive Therapy