

ABSTRAK

Abstract. Hypertension is one of the leading causes of global mortality and is often asymptomatic. Low medication adherence remains a major challenge in primary health care settings. This study aimed to examine the relationship between knowledge and attitude with antihypertensive medication adherence among middle-aged adult hypertensive patients (40–60 years) at Puskesmas Martubung, Medan. A quantitative descriptive correlational study with a cross-sectional approach was conducted in May 2026. The total sampling technique yielded 76 respondents. Data were collected using validated questionnaires: a 10-item Guttman-scale knowledge questionnaire (Cronbach's $\alpha = 0.841$), a 10-item Likert-scale attitude questionnaire ($\alpha = 0.880$), and the 8-item Morisky Medication Adherence Scale (MMAS-8) ($\alpha = 0.861$). Data were analyzed using the Chi-Square statistical test. Results showed that 51.3% of respondents had good knowledge, 63.2% had a positive attitude, and 65.8% were adherent to antihypertensive medication. Bivariate analysis revealed a significant relationship between knowledge and adherence (p -value = 0.009) and between attitude and adherence (p -value = 0.001). It is concluded that both knowledge and attitude are significantly associated with antihypertensive medication adherence. Health education and motivational counseling are essential to improve patient adherence.

Keywords: Hypertension; Medication Adherence; Knowledge; Attitude; Middle-Aged Adults

Abstrak. Hipertensi merupakan salah satu penyebab kematian utama secara global dan sering kali tidak menunjukkan gejala klinis. Rendahnya kepatuhan minum obat masih menjadi tantangan utama di pelayanan kesehatan primer. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan dan sikap dengan kepatuhan minum obat antihipertensi pada pasien hipertensi usia dewasa tengah (40–60 tahun) di Puskesmas Martubung, Medan. Penelitian kuantitatif deskriptif korelasional dengan pendekatan cross-sectional dilaksanakan pada bulan Mei 2026. Teknik total sampling menghasilkan 76 responden. Data dikumpulkan menggunakan kuesioner tervalidasi: kuesioner pengetahuan 10 item skala Guttman (Cronbach's $\alpha = 0,841$), kuesioner sikap 10 item skala Likert ($\alpha = 0,880$), dan Morisky Medication Adherence Scale (MMAS-8) ($\alpha = 0,861$). Data dianalisis menggunakan uji statistik Chi-Square. Hasil menunjukkan bahwa 51,3% responden memiliki pengetahuan baik, 63,2% bersikap positif, dan 65,8% patuh minum obat antihipertensi. Analisis bivariat menunjukkan terdapat hubungan signifikan antara pengetahuan dengan kepatuhan (p -value = 0,009) dan antara sikap dengan kepatuhan (p -value = 0,001). Disimpulkan bahwa pengetahuan dan sikap berhubungan secara signifikan dengan kepatuhan minum obat antihipertensi. Edukasi

kesehatan dan konseling motivasional sangat diperlukan untuk meningkatkan kepatuhan pasien.

Kata Kunci: Hipertensi; Kepatuhan Minum Obat; Pengetahuan; Sikap; Dewasa Tengah