

# The Relationship Between Motivation And Medication Adherence In Hypertensive Patients At Puskesmas Susua, Susua District, South Nias Regency

<sup>1</sup>Christine Handayani Siburian, <sup>2</sup>Eka Nugraha V Naibaho, <sup>3</sup>Nataria Yanti Silaban  
<sup>1,2,3</sup> Universitas Imelda Medan

---

## ARTICLE INFO

Keywords:  
Hypertensive,  
Motivation,  
Adherence to taking medication

---

Email :  
christinehandayani4@gmail.com  
Naibahoekanugraha@yahoo.com  
labanria@gmail.com

---

## ABSTRACT

Hypertension or high blood disease is a condition in which there is an increase in blood pressure above the normal threshold. The desire of hypertensive patients to recover from the disease is very necessary for motivation in the patient. The purpose of motivation is to move or arouse individuals to arise the will to recover from illness. Recovery from an illness requires patient compliance in taking medicine. Adherence to taking medication is a behavior of hypertensive patients in taking antihypertension drugs in accordance with their recommendations. The purpose of this study was to determine the relationship between motivation and medication adherence in hypertensive patients at Susua Health Center, Susua District, South Nias Regency. The research design used Cross Sectional. The sample was 40 respondents of hypertensive patients at the Susua Health Center, Susua District, South Nias Regency with the sampling technique being a purposive sampling technique. The study data was collected using motivation questionnaires and Morisky Medication Adherence Scale (MMAS) questionnaires. The data were analyzed with the Spearman Rho correlation test. The results found a relationship between motivation and adherence to taking medication in hypertensive patients ( $p = 0.00$ ,  $r = 0.742$ ). The results of this study can recommend that the need for nursing actions that can increase motivation so that patient medication adherence can increase in hypertensive patients.

Copyright © 2023 JUK-Medifa  
All rights reserved is Licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License \(CC BY-NC 4.0\)](https://creativecommons.org/licenses/by-nc/4.0/)

---

## INTRODUCTION

Hypertension or high blood pressure is a serious medical condition that significantly increases the risk of heart, brain, kidney, and other diseases. Hypertension is the leading cause of premature death worldwide. Hypertension or high blood disease is a condition where there is an increase in blood pressure above the normal threshold of 120/80 mmHg (Manuntung, 2018).

The prevalence of hypertension in the world is estimated at 1.28 billion adults aged 30-79 years suffering from hypertension, most (two-thirds) live in low- and middle-income countries. An estimated 46% of adults with hypertension are unaware that they have suffered from hypertensive disease. Less than half of adults (42%) with hypertension are diagnosed and treated and about 1 in 5 adults (21%) with hypertension can control it (WHO, 2021). The prevalence of hypertension in Indonesia is 34.1%, it is known that 8.8% are diagnosed with hypertension and 13.3% of people diagnosed with hypertension do not take medication and 32.3% do not routinely take medication. This shows that most people with hypertension do not know that they are hypertensive so they do not get treatment. The prevalence of hypertension in the population based on age shows that the age of 18 years is 34.1%, the highest in South Kalimantan (44.1%), while the lowest in Papua is (22.2%). Hypertension occurs in the age group of 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 years (55.2%) (Ministry of Health, 2019). The prevalence of hypertension in North Sumatra Province that doctors diagnosed or taking antihypertensive drugs in the population aged  $\geq 18$  years that 5.52% of hypertensive patients diagnosed by doctors and 6.07% of hypertensive patients by taking

*The Relationship Between Motivation And Medication Adherence In Hypertensive Patients At Puskesmas Susua, Susua District, South Nias Regency. Christine Handayani Siburian. et.al*

antihypertensive drugs, and based on the measurement results there were 29.19% of patients. The prevalence of hypertensive patients in South Nias was 4.38% based on a doctor's diagnosis, 4.83% of patients based on taking antihypertensive drugs, and 18.28% of hypertensive patients based on measurement results (Risesdas 2018).

The desire of hypertensive patients to recover from the disease is very necessary for motivation in the patient. The purpose of motivation is to move or arouse an individual so that there is a desire or willingness to do something so that they can get a result (Lestari, 2015). High motivation can be formed because of the relationship between needs, drives and goals. With the need to heal, hypertensive clients will be encouraged to obey in undergoing treatment, where this goal is the end of the motivation cycle (Ekarini, 2011). The results of Hanum et al. (2019) showed that there were 64.3% who had high motivation in hypertensive patients at the Peukan Bada Health Center, Aceh Besar Regency. In line with the results of Fitriana & Harysko's research (2015) that out of 110 respondents, most of them, as many as 102 people (92.7%) have high motivation at the Talang Health Center, Solok Regency. In contrast to the results of Prabandari & Sudaryanto's (2014) research that motivation with less categories as many as 27 people (36%), sufficient categories as many as 25 people (33.3%), and those who belong to the good category are only 23 people or (30.7%).

Patients with hypertension get worse the disease can be affected by non-compliance or absence of taking antihypertensive drugs. Adherence is a form of behavior that arises due to interactions between health workers and patients so that patients understand the plan with all its consequences and agree to the plan and implement it (Ministry of Health R.I, 2011). The results of Hazwan & Pinatih's (2017) study found that there were 70% of patients who had low adherence and 30% of patients had high adherence to taking hypertension medication. The same thing with the results of Nade & Rantung's research (2020) that respondents in Limo Depok Village were mostly obedient to taking anti-hygiene drugs as many as 111 respondents (64.2%) and the rest were not obedient to taking anti-hygiene drugs as many as 62 respondents.

The proportion of Adherence to Taking Antihypertensive Drugs in the Population Aged  $\geq 18$  Years with Hypertension in North Sumatra is 51.98% routinely taking medication, 34.58% not routinely, and 13.44% not taking medication. The proportion of Adherence to Taking Antihypertensive Drugs in the Population Aged  $\geq 18$  Years with Hypertension in South Nias Province is 64.83% routinely taking medication, 30.63% not taking routine, and 4.54% not taking medication (Risesdas 2018).

The reasons for people with hypertension not taking medication and not adhering to taking medication based on kemkes (2019) include because people with hypertension feel healthy (59.8%), irregular visits to health facilities (31.3%), take traditional medicine (14.5%), use other therapies (12.5%), forget to take medicine (11.5%), cannot afford medicine (8.1%), there are side effects of drugs (4.5%), and hypertension drugs are not available at Fasyankes (2%). The results of interviews conducted on 10 hypertensive patients at the Susua Health Center, Susua District, South Nias Regency that patients said they were tired of taking hypertension drugs, patients sometimes forgot to take medicine, lazy to take medicine, tired to the Puskesmas because it was very far away, and afraid of harm to the kidneys if taking medicine.

## METHOD

This type of research is quantitative, descriptive, correlative or called cross sectional. This study aims to determine the relationship between motivation and adherence to taking medication in hypertensive patients. The research was conducted at Puskesmas Susua, Susua District, South Nias Regency. The technique of taking the purposive sampling technique method with a total sample of 161 people. The inclusion criteria of this study were patients with hypertension in the absence of comorbital disease (comorbidities), patients aged 30 to 65 years, patients who were able

to communicate well, patients who were willing to be respondents. The exclusion criteria in this study were patients who had comorbital disease (comorbidities), patients who were unable to communicate well and patients who were not willing to be respondents. The measuring instruments used are the motivation questionnaire for hypertensive patients and the Morisky Medication Adherence Scale (MMAS) questionnaire. This study used the Spearman Rho test with a p value of <0.05 to determine whether or not there was a relationship between motivation and medication adherence in hypertensive patients. The research was conducted at Puskesmas Susua, Susua District, South Nias Regency.

## RESULTS AND DISCUSSION

### Result

The characteristics of respondents based on age in this study were more than half of the respondents aged 56-65 years (late elderly) namely 21 people (52.5%) and less than half of respondents aged 46-55 years (early elderly) namely 19 people (47.5%). The characteristics of respondents based on gender in this study are more than half of the respondents are male, namely 27 people (67.5%) and more than a quarter of respondents are female, namely 13 people (32.5%). The characteristics of respondents based on marital status in this study are the majority of married status which is 28 people (70%), less than a quarter of respondents are widowed which is 5 people (12.5%), widower status is 4 people (10%), and unmarried status is 3 people (7.5%). The characteristics of respondents based on the latest education in this study are more than a quarter of the respondents, namely 15 people with high school education (37.5%), 12 people (30%), less than a quarter of respondents who are not in school as many as 8 people (20%), and 5 people with junior high school education (12.5%).

The characteristics of respondents based on occupation are less than half of respondents work as farmers as many as 17 people (42.5%), more than a quarter of respondents do not work / IRT as many as 11 people (27.5%), less than a quarter of respondents work as laborers as many as 8 people (20%), work as private employees as many as 3 people (7.5%) and work as self-employed as many as 1 person (2.5%). The characteristics of respondents based on the length of consumption of hypertension drugs are half of the respondents taking hypertension drugs for 3 years to 4 years, more than a quarter of respondents taking hypertension drugs for 2 years to 3 years, namely 13 people (32.5%), and less than a quarter of respondents taking hypertension drugs for ≥ 5 years as many as 7 people (17.5%). The results of the study based on the characteristics of respondents can be seen in table 1 below.

**Table 1.** Characteristics of Hypertensive Patient Respondents at Susua Health Center, Susua District, South Nias Regency

Data	Frequency (n)	Percentage (%)
<b>Gender</b>		
Man	27	67,5
Woman	13	32,5
Total	40	100
<b>Age</b>		
Early Adult (26-35 Years)	0	0
Late Adult (36-45 Years)	0	0
Early Elderly (46-55 years)	19	47,5
Late Elderly (56-65 Years)	21	52,5
Total	40	100
<b>Marital Status</b>		

Not Married	3	7,5
Marry	28	70,0
Widower	4	10,0
Widow	5	12,5
Total	40	100
<b>Recent Education</b>		
No School	8	20
SD	12	30
SMP	5	12,5
SMA	15	37,5
D3	0	0
S1	0	0
Other	0	0
Total	40	100
<b>Work</b>		
Not Working / IRT	11	27,5
PNS / BUMN	0	0
Private Employees	3	7,5
Wiraswasta	1	2,5
TNI/ POLRI	0	0
Farmer	17	42,5
Laborer	8	20
Total	40	100
<b>Duration of Consumption of Hypertension Drugs</b>		
2 years to 3 years	13	32,5
3 years to 4 years	20	50
≥ 5 Years	7	17,5
Total	40	100

### Motivation of Hypertensive Patients at Susua Health Center, Susua District, South Nias Regency

Motivation of Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency found that more than half of respondents had low motivation as many as 26 people (65%) and more than a quarter of respondents had high motivation as many as 14 people (35%). The results of research on the motivation of hypertensive patients at the Susua Health Center, Susua District, South Nias Regency can be seen in table 2.

**Table 2.** Motivation of Hypertensive Patients at Susua Health Center, Susua District, South Nias

Regency		
Motivation	Frequency (n)	Percentage (%)
Low Motivation	26	65
High Motivation	14	35
<b>Total</b>	<b>40</b>	<b>100,0</b>

### Adherence to Taking Medication for Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency

Adherence to taking medication for hypertensive patients at the Susua Health Center, Susua District, South Nias Regency found that the majority of respondents were not compliant in taking medicine, namely 28 people (70%), and more than a quarter of respondents were obedient in taking

medicine, which was as many as 12 people (30%). The results of the study of medication adherence of hypertensive patients at the Susua Health Center, Susua District, South Nias Regency can be seen in table 3.

**Table 3.** Adherence to taking medication for hypertensive patients at Puskesmas Susua, Susua District, South Nias Regency

Adherence To Taking Medication	Frequency (n)	Percentage (%)
Disobedient	28	70
Obedient	12	30
<b>Total</b>	<b>40</b>	<b>100,0</b>

### Relationship between Motivation and Adherence to Taking Medication for Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency

The results of this study showed that there was a relationship between motivation and adherence to taking medication for hypertensive patients at the Susua Health Center, Susua District, South Nias Regency with a significant value of 0.00 which means a significant value of  $< 0.05$ . The strength of the motivational relationship with medication adherence was 0.742 where values of 0.50 to 0.75 showed a strong correlation. The correlation direction criterion of this study is positive which can be interpreted that the relationship between the two variables is in the same direction where the lower the motivation value, the value of adherence to taking medication also decreases. The relationship between motivation and adherence to taking medication for hypertensive patients at Puskesmas Susua, Susua District, South Nias Regency can be seen in table 4 below.

**Table 4.** The Relationship between Motivation and Adherence to Taking Medication for Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency

Variable Relationships	<i>p-value</i>	Correlation Strength ( <i>r</i> )	Correlation Direction
The Relationship between Motivation and Adherence to Taking Medication	0,00	0,742	One-way (+)

## Discussion

### Motivation of Hypertensive Patients at Susua Health Center, Susua District, South Nias Regency

The results of this study showed that the motivation of hypertensive patients at the Susua Health Center, Susua District, South Nias Regency found that more than half of the respondents had low motivation as many as 26 people (65%).

The results of the study found that a small number of respondents have high motivation, this is illustrated by the desire in respondents to be able to undergo treatment, the motivation from within the respondents themselves to be healthy and able to move well. While most respondents have low motivation, less obedient to undergo treatment due to the desire of the respondent itself, there is no motivation from within the respondent himself to be healthy and be able to move well.

The results of this study are in line with the results of Prabandari & Sudaryanto's (2014) research that the motivation to check themselves is the majority of motivation in the less category, which is as many as 27 people or 36%, then including the sufficient category as many as 25 people or 33.3%, and those belonging to the good category are only 23 people or 30.7%.

Motivation to check yourself is very important for people with hypertension because they require complex treatment and long treatment. Motivation for treatment is the hope of every person with hypertension. Motivation in this case means that the patient is able to carry out the instructions or recommendations of his doctor so that the disease can be controlled properly. So far, in general, people with hypertension obey to see a doctor as long as they still suffer from symptoms that



interfere with their daily routine life. After being free from these complaints, his motivation for treatment decreased.

### **Adherence to Taking Medication for Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency**

The results of this study showed that adherence to taking medication for hypertensive patients at the Susua Health Center, Susua District, South Nias Regency found that the majority of respondents were not compliant in taking medicine, which was 28 people (70%),

This is in line with research conducted by Fitrina & Harysko (2015) that out of 110 respondents, most of them are as many as 95 people (86.4%) are compliant in undergoing treatment. Researchers say compliance occurs if it is based on a person's awareness of the recommendations of the medical team. This means that with the awareness to obey good control, the treatment efforts made are also maximum and vice versa the awareness to obey control is less, then treatment efforts will also not be optimal.

In addition, the results of Ayuchecaria et al. (2018) showed that the highest percentage of compliance was in the "medium" category. This shows that there are still many hypertensive patients who have not been obedient to taking hypertension drugs. The number of patients who do not comply with taking hypertension drugs can be caused by several factors. These factors include because respondents have felt improved so they stop treatment on their own initiative. In addition, some patients also have excessive fear because patients have to take hypertension drugs for life. Therefore it is important to convince patients that hypertension drugs are safe to take continuously.

Adherence to taking the patient's medication affects the success of a treatment therapy. The results of therapy will not reach optimal levels without awareness from the patient himself to comply with taking drugs, non-compliance in taking drugs can even cause therapy failure, and can also cause side effects that are very detrimental and will eventually be fatal (Febriana, 2014). Adherence to hypertension treatment patients is absolutely necessary to support the success of therapy and prevent unexpected effects on drugs used in therapy.

### **Relationship between Motivation and Adherence to Taking Medication for Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency**

The results of this study showed that there was a relationship between motivation and adherence to taking medication for hypertensive patients at the Susua Health Center, Susua District, South Nias Regency with a significant value of 0.00 which means a significant value of  $< 0.05$ .

The results of this study are in line with the results of research by Hanum et al. (2019) that statistical tests are known to have a relationship between motivation and the level of adherence to taking antihypertensive drugs ( $p = 0.002 < 0.05$ ), this can be caused by the need of respondents to recover from their illness. The high motivation of hypertensive patients means that there is a desire from within the respondents to undergo treatment regularly.

The same thing with the results of Fitrina & Harysko's (2015) research which showed that out of 110 respondents with high motivation, as many as 93 people (91.2%) had obedience and as many as 9 people (8.8%) had non-compliance. And of the 8 respondents with low motivation, there were 2 people (25%) had obedience and 6 people (75%) had disobedience. After conducting statistical tests with *chi-square tests*, the results of  $p = 0.000$  ( $p < 0.05$ ) were conducted, this means that there is a significant relationship between motivation and compliance of hypertensive clients in undergoing treatment at the Talang Health Center, Solok Regency.

Some respondents who have low motivation result from the absence of support from family to make them heal. One example is that the family does not care about the treatment undertaken and does not provide the spirit to heal, resulting in this respondent not complying with taking medicine, complying with the treatment undertaken.

*The Relationship Between Motivation And Medication Adherence In Hypertensive Patients At Puskesmas Susua, Susua District, South Nias Regency. Christine Handayani Siburian. et.al*

Unlike the case with respondents who have high motivation. They are eager to recover because their families often remind them to take medicine, remind them to seek treatment, and remind them to eat food as recommended by their doctor. With strong support from the family, there is a high increase in motivation to recover and very obedient in taking medicine.

### CONCLUSION

Motivation of Hypertensive Patients at Puskesmas Susua, Susua District, South Nias Regency found that more than half of the respondents had low motivation. Adherence to taking medication for hypertensive patients at the Susua Health Center, Susua District, South Nias Regency found that the majority of respondents were not compliant in taking medicine. There is a relationship between motivation and adherence to taking medication for hypertensive patients at the Susua Health Center, Susua District, South Nias Regency.

### REFERENCE

- Ayuchecaria, N., Khairah, S. N., & Feteriyani, R. (2018). Tingkat Kepatuhan Minum Obat Pasien Hipertensi Di Puskesmas Pekauman Banjarmasin. *Jurnal Insan Farmasi Indonesia*, 1(2), 234-242.
- Chan, A., & Horne, R. (2018). Beliefs and Adherence in Hypertension and Cardiovascular Protection. [https://doi.org/10.1007/978-3-319-76593-8\\_10](https://doi.org/10.1007/978-3-319-76593-8_10)
- Departemen Kesehatan RI, 2013, *Pedoman Teknis Penemuan dan Tatalaksana Penyakit Hipertensi*, Jakarta: Direktorat pengendalian penyakit tidak menular.
- Ekarini, Diyah 2011, *Faktor-faktor yang Berhubungan dengan Tingkat Kepatuhan Klien Hipertensi dalam Menjalani Pengobatan di Puskesmas Gondangrejo Karanganyar*, diakses tanggal 5 Februari 2015, (<http://jurnal.stikeskusumahusada.ac.id>)
- Febriana, A., 2014, Hubungan Tingkat Kepatuhan Minum Obat Dengan Tekanan Darah Pada Pasien Hipertensi Rawat Jalan Di Poliklinik Penyakit Dalam RSUD Ulin Banjarmasin, Karya Tulis Ilmiah, Akademi Farmasi ISFI, Banjarmasin.
- Fitrina, Y., & Harysko, R. O. (2015). Hubungan Karakteristik Dan Motivasi Pasien Hipertensi Terhadap Kepatuhan Dalam Menjalani Pengobatan Di Puskesmas Talang Kabupaten Solok Tahun 2015. *'AFIYAH*, 2(2).
- Hanum, S., Puetri, N. R., Marlinda, M., & Yasir, Y. (2019). Hubungan antara pengetahuan, motivasi, dan dukungan keluarga dengan kepatuhan minum obat pada penderita hipertensi di Puskesmas Peukan Bada Kabupaten Aceh Besar. *Jurnal Kesehatan Terpadu (Integrated Health Journal)*, 10(1), 30-35.
- Hazwan, A., & Pinatih, G. N. I. (2017). Gambaran karakteristik penderita hipertensi dan tingkat kepatuhan minum obat di wilayah kerja puskesmas Kintamani I. *Intisari Sains Medis*, 8(2), 130-134.
- Hsu, N.-C., Lin, Y.-F., Shu, C.-C., Yang, M.-C., & Ko, W.-J. (2013). Noncancer Palliative Care. *American Journal of Hospice and Palliative Medicine®*, 30(4), 334-338. <https://doi.org/10.1177/1049909112449068>
- Kementerian Kesehatan Republik Indonesia, 2007, *International Society of Hypertension (ISH) menyokong penuh penanggulangan hipertensi*, diakses pada 4 April 2015 (<http://www.depkes.go.id>)
- Kemkes. (2019). Hipertensi Penyakit Paling Banyak Diidap Masyarakat. Diakses dari <https://www.kemkes.go.id/article/view/19051700002/hipertensi-penyakit-paling-banyak-diidap-masyarakat.html> pada tanggal 28 Juli 2021
- Munter, M. K. T. I. L. S. W. R. N. D. E. M. P. (2009). New Medication Adherence Scale Versus Pharmacy Fill Rates. *The American Journal of Managed Care*, 15(1), 59-60.

- Nade, M. S., & Rantung, J. (2020). Dukungan Keluarga dan Kepatuhan Minum Obat Terhadap Lansia Dengan Hipertensi Di Wilayah Kerja Puskesmas Parongpong Kabupaten Bandung Barat. *CHMK Nursing Scientific Journal*, 4(1), 192-198.
- Notoatmodjo, S. 2010. Metodologi Penelitian Kesehatan. Jakarta : Rineka Cipta.
- Prabandari, I., & Sudaryanto, A. (2014). *Hubungan tingkat pengetahuan dengan motivasi untuk memeriksakan diri pasien hipertensi pada Lanjut Usia di Puskesmas Kerjo Karanganyar* (Doctoral dissertation, Universitas Muhammadiyah Surakarta).
- Pratama, G., & Ariastuti, N. (2016). Faktor – Faktor Yang Mempengaruhi Kepatuhan Pengobatan Hipertensi Pada Lansia Binaan Puskesmas Klungkung 1. *E-Jurnal Medika Udayana*, 5(1).
- Riskesdas. (2018). Laporan Provinsi Sumatera Utara. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan
- WHO. (2021). Hypertension. Diakses dari <https://www.who.int/news-room/fact-sheets/detail/hypertension> tanggal 28 Juli 2021.
- WHO, 2012, *Raised Blood Pressure*, diakses tanggal 5 Februari 2015, ([http://www.who.int/gho/ncd/risk\\_factors/blood\\_pressure\\_prevalence\\_text/en/index.html](http://www.who.int/gho/ncd/risk_factors/blood_pressure_prevalence_text/en/index.html))