

ABSTRAK

Hipertensi pada kehamilan merupakan salah satu kondisi yang dapat meningkatkan risiko komplikasi serius, baik pada ibu maupun janin. Selain itu, penggunaan obat antihipertensi selama masa kehamilan seringkali menimbulkan rasa cemas yang dapat memengaruhi kedisiplinan ibu dalam menjalani pengobatan. Penelitian ini dilakukan untuk menganalisis hubungan antara tingkat kecemasan dan kepatuhan minum obat pada ibu hamil dengan hipertensi di RSUD Bandung Kiwari. Penelitian ini menggunakan pendekatan kuantitatif analitik dengan desain *cross sectional*. Sampel terdiri dari 64 responden yang dipilih dengan teknik total sampling. Pengukuran tingkat kecemasan dilakukan menggunakan *Hamilton Anxiety Rating Scale* (HARS), sedangkan kepatuhan minum obat dinilai menggunakan *Probabilistic Medication Adherence Scale* (ProMAS). Analisis data dilakukan secara univariat dan bivariat dengan uji korelasi Spearman Rank. Hasil analisis menunjukkan bahwa tidak terdapat hubungan yang signifikan antara tingkat kecemasan dan kepatuhan minum obat pada ibu hamil dengan hipertensi di RSUD Bandung Kiwari ($p = 0,148$; $r = -0,183$). Meskipun arah hubungan menunjukkan korelasi negatif, yaitu semakin tinggi kecemasan maka kepatuhan cenderung menurun, namun kekuatan hubungan tersebut sangat lemah dan tidak bermakna secara statistik.

Kata kunci: hipertensi dalam kehamilan, kecemasan, kepatuhan minum obat, ibu hamil, HARS, ProMAS.

ABSTRACT

Hypertension during pregnancy is one of the conditions that can increase the risk of maternal and fetal morbidity and mortality. The presence of hypertension as well as the use of antihypertensive medication during pregnancy may lead to anxiety, which in turn can affect pregnant women's adherence to medication intake. This study aimed to examine the relationship between anxiety levels and medication adherence among pregnant women with hypertension at RSUD Bandung Kiwari. This study applied a quantitative analytical method with a cross-sectional design. A total of 64 respondents were selected using a total sampling technique. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS), while medication adherence was assessed using the Probabilistic Medication Adherence Scale (ProMAS). Data were analyzed using univariate and bivariate analysis with the Spearman Rank correlation test. the results of the Spearman correlation test indicated that there was no significant relationship between anxiety levels and medication adherence among pregnant women with hypertension at RSUD Bandung Kiwari ($p = 0.148$; $r = -0.183$). The negative correlation coefficient suggests an inverse relationship, meaning that higher anxiety tends to be associated with lower medication adherence. However, this relationship was very weak and not statistically significant.

Keywords: hypertension in pregnancy, anxiety, medication adherence, pregnant women, HARS, ProMAS.