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HUBUNGAN KEPATUHAN PENGOBATAN TERHADAP NILAI HbA1c PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS PASIR PANJANG KOTA KUPANG

ABSTRAK

Latar Belakang: Diabetes melitus merupakan penyakit kronis kompleks ditandai dengan hiperglikemia. Kepatuhan minum obat memegang peranan sangat penting pada keberhasilan pengobatan pasien serta untuk tetap memastikan kadar glukosa darah terkendali sehingga dapat mencapai target keberhasilan kepatuhan pasien dalam pengobatan. Tujuan peneliti untuk mengetahui Hubungan Kepatuhan Pengobatan terhadap nilai HbA1c Pasien DM Tipe 2 Di Puskesmas Pasir Panjang Kota Kupang

Metode: Desain penelitian adalah *observasional deskriptif* dan korelasional dengan menggunakan rancangan studi *cross sectional* pada 40 responden PROLANIS. Teknik pengambilan sampel dengan metode *consecutive sampling*. Pengumpulan data menggunakan kuesioner *MARS-5* dan hasil lab Nilai HbA1c Dan dianalisis secara univariat dan bivariat dengan uji *Spearman*

Hasil: Hasil uji validasi dan reliabilitas dari kuesioner *MARS-5* menunjukkan hasil yang valid dan reliabel. Dari 40 sampel terdapat 31 responden (77,5%) tergolong dalam tingkat kepatuhan tinggi dan 9 responden (22,5%) tergolong dalam tingkat kepatuhan rendah, kategori terkontrol (60%) dan kategori tak terkontrol (40%) dan hasil koefisien korelasi (r) -0,489 dengan nilai *p value* (0,001)

Simpulan: Terdapat korelasi antara Tingkat Kepatuhan minum obat terhadap Nilai HbA1c pasien DM Tipe 2 di Puskesmas Pasir Panjang Kota Kupang dengan tingkat korelasi sedang (0,400–0,599) dan arah korelasi negatif, sehingga interpretasi sesuai harapan yaitu semakin tinggi tingkat kepatuhan maka semakin rendah nilai HbA1c.

Kata Kunci: DM Tipe 2, Kepatuhan Minum Obat, MARS-5, Nilai HbA1c

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RELATIONSHIP OF TREATMENT COMPLIANCE TO HbA1c VALUES IN TYPE 2 DIABETES MELLITUS PATIENTS AT PASIR PANJANG COMMUNITY HEALTH CENTER IN KUPANG CITY

ABSTRACT

Background: Diabetes mellitus is a complex chronic disease characterized by hyperglycemia. Compliance with taking medication plays a very important role in patient treatment success and ensuring that blood glucose levels are controlled to achieve the target of successful patient compliance in treatment. The researcher aimed to determine the relationship between medication adherence to the HbA1c value of Type 2 DM patients at the Pasir Panjang Public Health Center, Kupang City

Methods: The research design was descriptive observational and correlational using a cross-sectional study design on 40 PROLANIS respondents. Sampling technique with the consecutive sampling method. Data collection using the MARS-5 questionnaire and HbA1c values. Analysis using Spearman's test

Results: The results of the validation and reliability test of the MARS-5 questionnaire were valid and reliable. Of the 40 samples, there were 31 respondents (77.5%) belonging to the high level of compliance and 9 respondents (22.5%) belonging to the low level of compliance, the controlled category (60%) and the uncontrolled category (40%) and the results of the correlation coefficient (r) -0.489 with p-value (0.001)

Conclusion: There is a correlation between the level of drug adherence to the HbA1c value of Type 2 DM patients at the Pasir Panjang Public Health Center, Kupang City with a moderate correlation level (0.400–0.599) and a negative correlation direction, so that the interpretation is as expected, namely the higher the level of adherence, the lower the HbA1c value.

Keywords: Type 2 DM, drug adherence, MARS-5, HbA1c value