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HUBUNGAN KEPATUHAN MINUM OBAT DENGAN KADAR GULA DARAH PADA PASIEN DIABETES MELLITUS TIPE 2 DI PUSKESMAS IPUH BANGUN JAYA KECAMATAN KOTAWARINGIN LAMA

ABSTRAK

Latar Belakang: Kepatuhan pasien merupakan salah satu faktor penentu keberhasilan pengobatan diabetes. Ketidakpatuhan dalam menjalani pengobatan DM masih menjadi permasalahan utama dalam penatalaksanaan DM. Efek ketidakpatuhan terhadap pengobatan pada pasien diabetes tipe 2 meningkatkan risiko komplikasi dan memperburuk penyakit. Penelitian ini bertujuan untuk mengetahui Hubungan kepatuhan minum obat dengan kadar gula darah pasien Diabetes Mellitus Tipe 2 di Puskesmas Ipuh Bangun Jaya Kecamatan Kotawaringin Lama.

Metode: Metode yang digunakan dalam penelitian ini yaitu deskriptif dengan cara cross-sectional dengan jumlah sampel sebanyak 30 responden yang diambil dengan cara *purposive sampling*. Analisis yang digunakan pada penelitian ini untuk analisis univariat menggunakan distribusi frekuensi dan analisis bivariat menggunakan uji *Kendall's Tau*.

Hasil: Hasil penelitian didapatkan sebagian besar kepatuhan minum obat responden tinggi sebanyak 20 responden (66,7%) dan kadar gula darah responden normal sebanyak 20 responden (66,7%). Hasil analisis didapatkan *P value* 0,002 yang artinya H1 diterima yang berarti ada hubungan kepatuhan minum obat dengan kadar gula darah pasien Diabetes Mellitus Tipe 2 di Puskesmas Ipuh Bangun Jaya Kecamatan Kotawaringin Lama.

Simpulan: Ada hubungan kepatuhan minum obat dengan kadar gula darah pasien Diabetes Mellitus Tipe 2 di Puskesmas Ipuh Bangun Jaya Kecamatan Kotawaringin Lama

Kata Kunci: Kepatuhan minum obat, kadar gula darah

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THE RELATIONSHIP OF COMPLIANCE WITH MEDICATION WITH BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS AT IPUH BANGUN JAYA HEALTH CENTER, KOTAWARINGIN LAMA DISTRICT

ABSTRACT

Background: Patient compliance is one of the determining factors for the success of diabetes treatment. Non-compliance with DM treatment is still a major problem in DM management. The effect of non-adherence to treatment in type 2 diabetes patients increases the risk of complications and worsens the disease. This study aims to determine the relationship between medication adherence and blood sugar levels in Type 2 Diabetes Mellitus patients at the Ipuh Bangun Jaya Community Health Center, Kotawaringin Lama District.

Methods: The method used in this research is descriptive cross-sectional with a sample size of 30 respondents taken by purposive sampling. The analysis used in this study was univariate analysis using frequency distribution and the Kendall's Tau bivariate test.

Results: The research results showed that the majority of respondents' medication adherence was high, 20 respondents (66.7%) and 20 respondents (66.7%) had normal blood sugar levels. The results of the analysis obtained a p value of 0.002, which means that H1 was accepted, which means there is a relationship between adherence to taking medication and blood sugar levels in Type 2 Diabetes Mellitus patients at the Ipuh Bangun Jaya Community Health Center, Kotawaringin Lama District.

Conclusion: there is a relationship between adherence to taking medication and blood sugar levels in Type 2 Diabetes Mellitus patients at the Ipuh Bangun Jaya Community Health Center, Kotawaringin Lama District

Keywords: Compliance with taking medication, blood sugar levels