

ABSTRAK

Analisis Kepatuhan Minum Obat Antidiabetes Oral Terhadap Keberhasilan Terapi Pasien Rawat Jalan Diabetes Melitus Tipe 2 Di RSUD Simpang Lima Gumul Kediri

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Diabetes melitus (DM) adalah penyakit kronis yang keberhasilan terapinya sangat bergantung pada kepatuhan minum obat. Penelitian ini bertujuan menganalisis hubungan kepatuhan minum obat antidiabetes oral dengan keberhasilan terapi, yang diukur dari kadar HbA1C, pada pasien DM tipe 2 di RSUD Simpang Lima Gumul Kediri. Penelitian analitik observasional ini menggunakan pendekatan cross sectional dengan teknik purposive sampling. Kepatuhan diukur menggunakan kuesioner MMAS-8 dan keberhasilan terapi dari data HbA1C, kemudian dianalisis dengan uji chi square dan korelasi Pearson. Hasil menunjukkan 54% responden memiliki kepatuhan tinggi, sementara 46% tergolong sedang hingga rendah, seringkali karena lupa. Ditemukan hubungan positif yang sangat kuat dan signifikan antara kepatuhan dengan keberhasilan terapi ($p < 0,001$; $r = 0,797$), di mana pasien patuh cenderung memiliki HbA1C terkontrol. Kesimpulannya, tingkat kepatuhan minum obat anti diabetes bervariasi dan memiliki hubungan yang sangat kuat serta signifikan dengan keberhasilan terapi, di mana kepatuhan yang lebih tinggi secara konsisten berhubungan dengan tercapainya kontrol gula darah yang baik.

Kata kunci : Diabetes melitus tipe 2, kepatuhan pengobatan, keberhasilan terapi

ABSTRACT

Analysis of compliance with oral antidiabetic medication on the success of outpatient therapy for type 2 diabetes mellitus at Simpang Lima Gumul Regional Hospital, Kediri

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Diabetes mellitus (DM) is a chronic disease wherein therapeutic success is highly dependent on medication adherence. This study aimed to analyze the relationship between oral antidiabetic medication adherence and therapeutic success, measured by HbA1C levels, in type 2 DM outpatients at Simpang Lima Gumul Regional Hospital, Kediri. This observational analytical study employed a cross-sectional approach with a purposive sampling technique. Adherence was measured using the MMAS-8 questionnaire, and therapeutic success was determined from HbA1C data, followed by analysis using the Chi Square and Pearson correlation test. Results indicated that 54% of respondents had high adherence, while 46% were categorized as having moderate to low adherence, often due to forgetfulness. A very strong, positive, and significant correlation was found between adherence and therapeutic success ($p < 0.001$; $r = 0.797$), where adherent patients tended to have controlled HbA1C levels. In conclusion, the level of antidiabetic medication adherence varies and has a very strong and significant relationship with therapeutic success, wherein higher adherence is consistently associated with achieving good glycemic control.

Keywords : Type 2 diabetes mellitus, medication adherence, therapeutic success