

**KORELASI REGULASI DIRI  
DAN KEPATUHAN MINUM OBAT SUBSTITUSI PADA PASIEN  
REHABILITASI NAPZA DI RSUD BANYUMAS**

**ABSTRAK**

**Latar Belakang** - Kepatuhan mengonsumsi obat-obatan substitusi pada pasien rehabilitasi NAPZA untuk mencapai keberhasilan terapi ketergantungan. Regulasi diri merupakan kemampuan seseorang untuk mengarahkan pikiran, perasaan, keinginan, dan tindakan untuk mencapai tujuan tertentu, dalam hal ini adalah keberhasilan terapi ketergantungan yang diperlukan oleh pasien rehabilitasi NAPZA untuk mengarahkan tindakan pengobatannya.

**Tujuan** - Mengetahui korelasi regulasi diri dan kepatuhan minum obat substitusi pada pasien rehabilitasi NAPZA di RSUD Banyumas.

**Metode** - Penelitian analitik observasional terhadap pasien rehabilitasi NAPZA di RSUD Banyumas ini menggunakan desain studi *cross-sectional*. Responden diinklusi apabila telah menyetujui *informed consent*, dan menjawab “tidak” sebanyak  $\leq 10$  pada L-MMPI. Responden perempuan dan tidak komunikatif akan dieksklusi dari penelitian. Kuesioner *Self-Regulation Questionnaire* (SRQ) digunakan untuk mengukur tingkat regulasi diri sedangkan kepatuhan minum obat dievaluasi berdasarkan interval waktu obat substitusi habis. Analisis bivariat bertujuan untuk mengetahui korelasi antar variabel menggunakan uji Somers'd dengan taraf signifikansi 0,05.

**Hasil** - Sebanyak 37 responden menyetujui *informed consent* dan 28 orang diantaranya (75,7%) memenuhi kriteria skoring L-MMPI. Uji Somers'd menyatakan adanya korelasi positif yang *moderate* ( $r=0,350$ ;  $p=0,024$ ).

**Kesimpulan** - Terdapat korelasi positif antara regulasi diri dan kepatuhan minum obat substitusi pasien rehabilitasi NAPZA di RSUD Banyumas.

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**Kata kunci:** regulasi diri, kepatuhan, obat substitusi, pasien rehabilitasi NAPZA

**THE CORRELATION OF SELF-REGULATION  
AND ADHERENCE OF TAKING SUBSTITUTE DRUGS  
IN DRUG REHABILITATION PATIENTS AT RSUD BANYUMAS**

**ABSTRACT**

**Background** - Adherence to taking substitute drugs in drug rehabilitation patients to achieve the success of dependence therapy. Self-regulation is a person's ability to direct thoughts, feelings, desires, and actions to achieve certain goals, in this case is the success of dependence therapy needed by drug rehabilitation patients to direct their treatment actions.

**Objective** - Identify the correlation between self-regulation and medication adherence in drug rehabilitation patients at RSUD Banyumas.

**Method** - This observational analytic study of drug rehabilitation patients at RSUD Banyumas used a cross-sectional study design. Respondents were included if they had agreed to the informed consent, and answered "no" as much as 10 on the L-MMPI. Female and uncommunicative respondents will be excluded from the study. The Self-Regulation Questionnaire (SRQ) was used to measure the level of self-regulation, while medication adherence was evaluated based on the time interval for the substituted drug to run out. Bivariate analysis aims to determine the correlation between variables using the Somers'd test at significance level of 0.05.

**Result** - A total of 37 respondents agreed to the informed consent and 28 of them (75.7%) passed the L-MMPI's criteria. Somers'd test stated that there was a moderate positive correlation ( $r=0.350$ ;  $p=0.024$ ).

**Conclusion** - There is a positive correlation between self-regulation and adherence to taking substitute drugs in drug rehabilitation patients at RSUD Banyumas.

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**Keywords:** self-regulation, compliance, substitute drugs, drug rehabilitation patient