

HUBUNGAN TINGKAT KEPATUHAN MINUM OBAT TERHADAP KUALITAS HIDUP PASIEN SKIZOFRENIA DI RSUD BANYUMAS

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ABSTRAK

Latar Belakang: Skizofrenia merupakan gangguan jiwa dengan tanda dan gejala yang bervariasi, termasuk di dalamnya adalah perubahan persepsi, emosi, kognisi, pikiran, dan perilaku. Pasien skizofrenia harus meminum obat sepanjang hidupnya, kontinuitas pengobatan merupakan salah satu faktor berhasilnya terapi. Kualitas hidup pasien menjadi salah satu parameter penting dalam evaluasi dan assessment terapi penyembuhan pasien gangguan jiwa. Penilaian dari terapi tersebut di fokuskan untuk melihat peningkatan kualitas diri, kemandirian dan produktifitas pasien.

Tujuan: Mengetahui hubungan tingkat kepatuhan minum obat terhadap kualitas hidup pasien skizofrenia di RSUD Banyumas.

Metode: Rancangan observasional analitik dengan kuisisioner *Morisky 8-item* (MMAS-8) dan *World Health Organization Quality of Life* (WHOQoL) terhadap keseluruhan sampel (*total sampling*) sebanyak 42 orang.

Hasil: Mayoritas responden menggunakan metode *Morisky 8-item* (MMAS-8) (57.%) dalam tingkat kepatuhan minum obat kategori tinggi. Tingkat kualitas hidup yang dialami pasien skizofrenia yang diukur dengan *World Health Organization Quality of Life* (WHOQoL) 52.5% dalam kategori tinggi. Terdapat hubungan yang bermakna secara statistik ($p=0.00$) antara tingkat kepatuhan minum obat terhadap kualitas hidup pasien skizofrenia di RSUD Banyumas.

Kesimpulan: terdapat hubungan antaratingkat kepatuhan minum obat terhadap kualitas hidup pasien skizofrenia di RSUD Banyumas.

Kata Kunci: kepatuhan minum obat, kualitas hidup, skizofrenia,

**THE RELATIONSHIP BETWEEN THE LEVEL OF ADHERENCE TO
TAKE MEDICATION TO THE QUALITY OF LIFE OF SCHIZOPHRENIC
PATIENTS IN BANYUMAS HOSPITAL**

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ABSTRACT

Background: Schizophrenia is a mental disorder with varying signs and symptoms, including changes in perception, emotions, cognitive, thoughts, and behavior. Schizophrenia patients must take the drug throughout their lives, continuity of treatment is one of the success factors of therapy. The quality life of patients is an important parameter in the evaluation and assessment of healing therapies for mental patients. The assessment of the therapy is focused to see improvements in self quality, independence and productivity of the patient.

Objective: To find out the relationship between medication adherence level and quality life of schizophrenia patients in Banyumas Regional Hospital.

Methods: Analytical observational design with questionnaire Morisky 8-item (MMAS-8) and World Health Organization Quality of Life (WHOQoL) to the whole sample (total sampling) of 42 respondents.

Result : The majority of respondents used the Morisky 8-item (MMAS-8) method (57.%) in the high category of drug compliance. The level of quality life experienced by schizophrenic patients as measured by the World Health Organization Quality of Life (WHOQoL) is 52.5% in the high category. There was a statistically significant relationship ($p = 0.00$) between the level of adherence to take medication to the quality life of schizophrenic patients in Banyumas Regional Hospital.

Conclusion : There is a relationship between the level of adherence to take medication to the quality life of schizophrenic patients in Banyumas Regional Hospital.

Keywords: adherence to take medication, quality of life, schizophrenia