

ABSTRAK

PENGARUH PENGGUNAAN APLIKASI *SAKURA MOBILE* TERHADAP KEPATUHAN TERAPI *ANTIRETROVIRAL* PADA ORANG DENGAN *HIV AIDS*

Taryanto, Arif Setyo Upoyo, Mekar Dwi Anggraeni

Latar Belakang: Kepatuhan terhadap terapi *antiretroviral (ARV)* merupakan faktor kunci dalam pengelolaan *HIV/AIDS*. Tingkat ketidakpatuhan pada ODHA masih tinggi, dipengaruhi oleh hambatan seperti efek samping, keterbatasan akses layanan, dan aktivitas harian. Aplikasi *Sakura Mobile* dikembangkan sebagai media edukasi dan pengingat minum obat yang terintegrasi dengan sistem layanan di klinik.

Metode: Jenis penelitian *Randomized Control Trial (RCT) two group pretest and posttest design*. Populasi penelitian orang dengan *HIV/AIDS* (ODHA) di wilayah kerja Klinik Sakura RSUD KRT. Setjonegoro Wonosobo yang on ART sebanyak 237 orang, sampel sebanyak 53 orang dengan teknik *purposive sampling*. Instrumen kepatuhan menggunakan *MMAS-8* Kepatuhan Minum Obat. Kelompok perlakuan *Sakura Mobile*, kelompok kontrol terapi standar rumah sakit. Intervensi dilakukan selama 1 bulan, dengan pretest pada hari pertama dan posttest pada hari ke-30. Analisis data menggunakan uji *wilcoxon* dan uji *mann whitney*.

Hasil: Karakteristik responden kelompok perlakuan berusia 26–35 tahun, berpendidikan SMA, dan bekerja sebagai ibu rumah tangga. Kelompok kontrol didominasi usia 36–45 tahun, berpendidikan SMA, dan bekerja sebagai wiraswasta. Jenis kelamin terbanyak pada kelompok perlakuan seimbang, sedangkan kelompok kontrol didominasi laki-laki (55,6%). Ada pengaruh penggunaan aplikasi *Sakura Mobile* terhadap kepatuhan terapi *ARV* pada ODHA di Klinik Sakura RSUD KRT. Setjonegoro Wonosobo.

Kesimpulan: Ada perbedaan kepatuhan terapi *ARV* pada ODHA di Klinik Sakura RSUD KRT. Setjonegoro Wonosobo pada kelompok perlakuan dan kelompok kontrol.

Kata kunci: *ARV, HIV/AIDS, Kepatuhan Terapi, ODHA, Sakura Mobile*

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ABSTRACT

THE EFFECT OF SAKURA MOBILE APPLICATION USE ON ANTIRETROVIRAL THERAPY COMPLIANCE IN PEOPLE WITH HIV AIDS

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Background: Adherence to antiretroviral therapy (ARV) is a key factor in the management of HIV/AIDS. The level of non-adherence in PLWHA is still high, influenced by obstacles such as side effects, limited access to services, and daily activities. The Sakura Mobile application was developed as an educational media and reminder to take medication that is integrated with the service system at the clinic.

Methods: Type of research Randomized Control Trial (RCT) two group pretest and posttest design. The population of the study were people with HIV/AIDS (ODHA) in the Sakura Clinic Hospital KRT. Setjonegoro Wonosobo who were on ART as many as 237 people, a sample of 53 people with a purposive sampling technique. The compliance instrument used MMAS-8 Medication Compliance. The Sakura Mobile treatment group, the hospital standard therapy control group. The intervention was carried out for 1 month, with a pretest on the first day and a posttest on the 30th day. Data analysis used the Wilcoxon test and the Mann Whitney test.

Results: The characteristics of respondents in the treatment group were 26–35 years old, had a high school education, and worked as housewives. The control group was dominated by respondents aged 36–45 years old, had a high school education, and worked as self-employed. The majority of gender in the treatment group was balanced, while the control group was dominated by men (55.6%). There is an effect of the use of the Sakura Mobile application on ARV therapy adherence in PLWHA at the Sakura Clinic Hospital KRT. Setjonegoro Wonosobo.

Conclusion: There is a difference in ARV therapy compliance in PLWHA at the Sakura Clinic Hospital KRT. Setjonegoro Wonosobo in the treatment group and the control group..

Keywords: ARV, HIV/AIDS, Therapy Adherence, PLWHA, Sakura Mobile

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