

ABSTRAK

FAKTOR-FAKTOR YANG MENDUKUNG KEPATUHAN PASIEN DISLIPIDEMIA DI KABUPATEN BANYUMAS DALAM MENJALANKAN TERAPI FARMAKOLOGI DAN NON FARMAKOLOGI

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Latar Belakang : Pengelolaan pasien dislipidemia meliputi terapi farmakologi menggunakan obat antihiperlipidemia dan terapi non farmakologi berupa diet serta olahraga. Penelitian ini bertujuan untuk mengetahui faktor pendukung kepatuhan pasien dislipidemia di Banyumas dalam menjalankan terapi farmakologi dan non farmakologi.

Metodologi: Penelitian ini menggunakan studi kualitatif fenomenologi dengan melakukan *indepth interview* pada empat pasien PROLANIS dislipidemia tentang alasan kepatuhan minum simvastatin dan diet serta olahraga. Informan direkrut hingga data yang diperoleh menjadi jenuh. Kredibilitas data penelitian menggunakan triangulasi waktu dengan jarak waktu tiga minggu. Data dianalisis untuk menghasilkan tema penelitian secara kualitatif deskriptif dengan proses berpikir induktif.

Hasil dan Kesimpulan: Tema penelitian ini adalah faktor-faktor pendukung pasien patuh konsumsi simvastatin antara lain pasien takut mengalami komplikasi penyakit, ingin kadar kolesterol normal, takut mengalami kembali gejala saat kolesterol tinggi, dan berharap berhenti minum obat jika kadar kolesterol normal. Sedangkan faktor-faktor pendukung pasien patuh menjalani terapi non farmakologi adalah pasien paham pentingnya olahraga, ingin sehat dan memperbaiki *image* tubuh, merasakan perbaikan kondisi tubuh setelah berolahraga, memiliki pengetahuan tentang diet, mendapat dorongan keluarga, adanya hasil nyata pada orang lain dan dirinya sendiri, serta mengalami penurunan kadar kolesterol dan berat badan setelah melakukan diet.

Kata kunci: Kepatuhan, dislipidemia, simvastatin, diet, olahraga

ABSTRACT

FACTORS SUPPORTING ADHERENCE OF DYSLIPIDEMIA PATIENTS IN BANYUMAS REGENCY WHO PERFORMING THE PHARMACOLOGY AND NON PHARMACOLOGY THERAPIES

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Background: Dyslipidemia management are consist of pharmacological antihyperlipidemia drug and non-pharmacological therapy such as diet and exercise. The aim of this study were determining factors supporting patients adherence in Banyumas Regency to performing pharmacological and non pharmacological therapy.

Methods: This was a qualitative study with phenomenology design. Data collected by indepth interview on four dyslipidemia patients. Patients were recruited as subject until the data saturated. Credibility of data were validated using time triangulation method for three weeks. Data collected including patient reasons to adhere of consuming simvastatin, diet and exercise. The data were analyzed by descriptive qualitative inductive thinking process resulting research themes.

Results and Conclusion: This research themes were factors supporting adherence to patients consuming simvastatin were unwillingness to have complications, desire to have normal cholesterol level, unwillingness to regain symptoms when the cholesterol level was high and expect to stop taking medication if normal cholesterol level has been achieved, while the factors supporting to patients performing non pharmacological therapy were understand the importance of exercise, desire to be healthy, feeling the body condition improvement, the diet knowledge, the familiy's support, inspired by other people and themseleves result, desire to improve of body image and feeling the level cholesterol and weight gain reduction.

Keyword: Adherence, dyslipidemia, simvastatin, diet, exercise