

HUBUNGAN KEPATUHAN MINUM OBAT DENGAN PENGENDALIAN KADAR GLUKOSA DARAH PADA PASIEN DIABETES MELITUS TIPE 2 DI KECAMATAN SUMBANG

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ABSTRAK

Latar Belakang: Diabetes melitus (DM) tipe 2 merupakan salah satu penyakit kronis dengan angka prevalensi yang tinggi di seluruh dunia. Indonesia menempati peringkat ke tujuh dalam prevalensi penderita DM di dunia. Pengobatan dengan waktu yang lama membutuhkan kepatuhan minum obat sebagai aspek utama dalam penanganannya. Diduga kepatuhan minum obat berhubungan dengan pengendalian kadar glukosa darah pasien DM.

Tujuan: Mengkaji hubungan antara kepatuhan minum obat dengan pengendalian kadar glukosa darah pada pasien Diabetes Melitus

Metode: Penelitian observasional analitik desain *cross sectional* yang melibatkan 40 orang subjek penelitian di Kecamatan Sumbang secara *consecutive sampling*. Kepatuhan dinilai menggunakan kuesioner MMAS-8 dan pengendalian kadar glukosa darah dinilai menggunakan kadar HbA1c. Analisis data dilakukan dengan metode Chi Square.

Hasil: Mayoritas subjek penelitian berjenis kelamin perempuan (82,5%), berusia > 69 tahun (37,5%), telah menderita DM > 10 tahun (52,5%), berpendidikan SD (62,5%), memiliki kepatuhan minum obat tingkat sedang (47,5%) dan memiliki pengendalian kadar glukosa darah yang termasuk buruk (85%), serta subjek penelitian yang memiliki riwayat keluarga DM dan tidak memiliki riwayat keluarga DM memiliki jumlah yang sama. Hasil analisis menunjukkan bahwa terdapat hubungan antara kepatuhan minum obat dengan pengendalian kadar glukosa darah ($p < 0,001$).

Kesimpulan: Terdapat hubungan antara kepatuhan minum obat dengan pengendalian kadar glukosa darah

Kata Kunci: Diabetes; Kepatuhan minum obat; HbA1c

MEDICATION ADHERENCE AND BLOOD GLUCOSE CONTROL IN DIABETES MELITUS PATIENTS IN SUMBANG DISTRICT

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ABSTRACT

Background: *Diabetes melitus (DM) is a chronic disease with a high prevalence rate worldwide. Indonesia ranks seventh in the prevalence of DM patient in the world. Treatment that takes a long time requires adherence to medication as a major aspect of its treatment. It is suspected that medication adherence is related to controlling blood glucose levels in DM patients.*

Objective: *To examine the relationship between medication adherence and blood glucose control in diabetes mellitus patients*

Methods: *This study was an observational analytic cross sectional design involving 40 research subjects in Sumbang District by consecutive sampling. Adherence was assessed using the MMAS-8 questionnaire and blood glucose control was assessed using HbA1c levels. Data analysis was performed using the Chi Square method.*

Results: *The majority of the study subjects were female (82.5%), aged > 69 years (37.5%), had diabetes > 10 years (52.5%), had primary school education (62.5%), had moderate level of adherence (47.5%) and having poor control of blood glucose levels (85%), and the study subjects who had a family history of DM and did not have a family history of DM had the same number. The analysis showed that there was a relationship between medication adherence and blood glucose control ($p < 0.001$).*

Conclusion: *There is a relationship between medication adherence and blood glucose control.*

Keywords: *Diabetes; Medication adherence; HbA1c*