

Abstrak

PENGARUH PENGGUNAAN APLIKASI PENGINGAT MINUM OBAT TERHADAP KEPATUHAN MINUM OBAT PASIEN TUBERKULOSIS DI KECAMATAN KEMBARAN

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Latar belakang: Kepatuhan minum obat masih menjadi masalah dalam pengendalian tuberkulosis (TB) di Indonesia. Rendahnya kepatuhan berkontribusi terhadap kegagalan terapi, kekambuhan, dan peningkatan risiko TB resisten obat. Di Jawa Tengah, tingkat keberhasilan pengobatan TB belum mencapai target nasional, termasuk di Kecamatan Kembaran. Oleh karena itu, diperlukan upaya yang lebih efektif, salah satunya memanfaatkan teknologi digital. Pemanfaatan aplikasi pengingat minum obat seperti *MyTherapy* berpotensi membantu meningkatkan kepatuhan pasien. Penelitian ini bertujuan menganalisis pengaruh penggunaan aplikasi pengingat minum obat terhadap kepatuhan minum obat pasien TB di Kecamatan Kembaran.

Metode: Jenis penelitian ini adalah Quasi Eksperimen dengan bentuk *Nonequivalent Control Group Design*. Sampel penelitian berjumlah 34 pasien meliputi 17 pasien kelompok kontrol dan 17 pasien kelompok intervensi dengan teknik pengambilan sampel menggunakan *total sampling* sesuai kriteria inklusi dan eksklusi. Instrumen penelitian berupa kuesioner *Medication Adherence Rating Scale* (MARS), kuesioner *System Usability Scale* (SUS), dan aplikasi *MyTherapy*. Data dianalisis menggunakan uji *Shapiro-Wilk*, uji *Wilcoxon Signed ranked test*, dan uji *Mann-Whitney* dengan tingkat signifikansi $p < 0,05$.

Hasil: Interpretasi kepatuhan pada kelompok intervensi setelah penggunaan aplikasi pengingat minum obat selama satu bulan yaitu kepatuhan sedang (5.88%) dan kepatuhan tinggi (94.12%). Hasil analisis uji *Wilcoxon signed rank test* ($p = 0,002$) menunjukkan terdapat perbedaan kepatuhan signifikan antara sebelum dan sesudah menggunakan aplikasi *MyTherapy*. Hasil analisis uji *Mann-Whitney* ($p < 0,001$) menunjukkan terdapat perbedaan kepatuhan signifikan antara kelompok kontrol dan kelompok intervensi. Selain itu, terdapat perbedaan yang signifikan antara skor usabilitas sebelum dan sesudah penggunaan aplikasi berdasarkan uji *Wilcoxon signed rank test* ($p < 0,043$).

Kesimpulan: Penggunaan aplikasi pengingat minum obat *MyTherapy* dapat meningkatkan kepatuhan minum obat pasien tuberkulosis dengan tingkat usabilitas aplikasi yang baik.

Kata kunci: Kepatuhan minum obat, aplikasi pengingat minum obat, tuberkulosis, usabilitas.

Abstract

THE EFFECT OF USING A MEDICATION REMINDER APPLICATION ON MEDICATION ADHERENCE AMONG TUBERCULOSIS PATIENTS IN KEMBARAN SUBDISTRICT

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Background: Medication adherence remains a major challenge in tuberculosis (TB) control in Indonesia. Poor adherence contributes to treatment failure, relapse, and an increased risk of drug-resistant TB. In Central Java, TB treatment success rates have not yet reached the national target, including in Kembaran District. Therefore, more effective interventions are needed, one of which is the utilization of digital technology. The use of medication reminder applications such as *MyTherapy* has the potential to improve patient adherence. This study aimed to analyze the effect of using a medication reminder application on medication adherence among TB patients in Kembaran District.

Methods: This study employed a quasi-experimental design with a nonequivalent control group design. The sample consisted of 34 patients, including 17 patients in the control group and 17 patients in the intervention group, selected using total sampling based on inclusion and exclusion criteria. The research instruments were the Medication Adherence Rating Scale (MARS) and the System Usability Scale (SUS), and *MyTherapy*. Data were analyzed using the Shapiro–Wilk test, Wilcoxon signed-rank test, and Mann–Whitney test, with a significance level of $p < 0.05$.

Results: After one month of using the medication reminder application, adherence levels in the intervention group were categorized as moderate (5.88%) and high (94.12%). The Wilcoxon signed-rank test showed a significant difference in medication adherence before and after using the *MyTherapy* application ($p = 0.002$). The Mann–Whitney test also demonstrated a significant difference in adherence between the control and intervention groups ($p < 0.001$). In addition, there was a significant difference in usability scores before and after application use based on the Wilcoxon signed-rank test ($p < 0.043$).

Conclusion: The use of the *MyTherapy* medication reminder application can improve medication adherence among tuberculosis patients, with the application demonstrating good usability.

Keywords: Medication adherence, medication reminder application, tuberculosis, usability.