

ABSTRAK

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Hubungan Self Efficacy Pengobatan Dengan Kepatuhan Minum Obat Pasien Diabetes Melitus Tipe 2 Di Wilayah Kerja Puskesmas Wiradesa

Latar Belakang: Diabetes melitus merupakan gangguan metabolisme mengakibatkan tubuh tidak dapat memproduksi cukup insulin. Sehingga manajemen diri kepatuhan pengobatan perlu dilakukan. Salah satu faktor utama yang memengaruhi kepatuhan adalah *self efficacy* pengobatan. Tujuan penelitian ini untuk mengetahui hubungan *self efficacy* pengobatan dengan kepatuhan minum obat pasien diabetes melitus tipe 2.

Metode: Penelitian ini menggunakan desain korelasional dengan pendekatan cross sectional, menggunakan teknik *purposive sampling* dengan jumlah sampel 48 responden DM tipe 2. Variabel independen *self efficacy* pengobatan dan variabel dependen kepatuhan minum obat. Data dikumpulkan dengan menggunakan kuesioner *General Self Efficacy Scale* dan *Morisky Medication Adherence Scale* yang dianalisis menggunakan uji *spearman rank*.

Hasil: Hasil penelitian ini didapatkan bahwa *self efficacy* pengobatan pasien diabetes melitus mayoritas tinggi 40 responden (83,3%) dan kepatuhan minum obat mayoritas tinggi 39 responden (81,3%). Terdapat hubungan *self efficacy* pengobatan dengan kepatuhan minum obat $p=0,000$ ($<0,05$) dan $r=0,668$, memiliki hubungan kuat dengan korelasi positif.

Simpulan: *Self efficacy* pengobatan pada pasien DM dibutuhkan untuk membuat pasien DM itu sendiri menjadi patuh minum obat.

Kata Kunci: *Self Efficacy*, Kepatuhan minum obat, Diabetes Melitus

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ABSTRACT

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The Correlation of Self-efficacy of Treatment with Medication Compliance of Type 2 Diabetes Mellitus Patients in the Working Area of the Wiradesa Health Center

Background: Diabetes mellitus is a metabolic disorder that results in the body not being able to produce enough insulin. So, self-management of medication compliance needs to be carried out. One of the main factors that affect adherence is *the self-efficacy* of treatment. The purpose of this study is to determine the correlation between *self-efficacy* of treatment and medication adherence in type 2 diabetes mellitus patients.

Methods: This study used a correlational design with a cross-sectional approach, using *a purposive sampling* technique with a sample of 48 type 2 DM respondents. Independent variables of *self-efficacy* of treatment and dependent variables of adherence to medication. Data were collected using *the General Self-Efficacy Scale* and *Morisky Medication Adherence Scale* questionnaires, which were analysed using *the Spearman rank* test.

Results: The results of this study showed that *the self-efficacy* of treatment of diabetes mellitus patients was high in the majority of 40 respondents (83.3%), and the majority of medication adherence was high in 39 respondents (81.3%). There was a relationship between *self-efficacy* of treatment and medication adherence $p=0.000$ (<0.05) and $r=0.668$, having a strong relationship with a positive correlation.

Conclusion: *Self-efficacy* of treatment in DM patients is needed to make DM patients themselves obedient to taking medication.

Keywords: *Self Efficacy, Medication Adherence, Diabetes Mellitus*

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