

ABSTRAK

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Analisis Pengaruh Reaksi Obat Yang Tidak Diinginkan (ROTD) Terhadap Kepatuhan Pengobatan Dan Kualitas Hidup Pasien Tuberculosis Berdasarkan Health Belief Model Di Puskesmas Mulyoharjo Kabupaten Pemalang

Tuberkulosis (TB) adalah penyakit menular yang disebabkan oleh bakteri *Mycobacterium tuberculosis*. Pada April 2021, Indonesia mencatat 357.199 kasus TBC menurut SITB. TB menjadi penyakit menular paling mematikan kedua di dunia setelah COVID-19 dan penyebab kematian ketiga belas secara global. Data Dinas Kesehatan Pemalang tahun 2023 menunjukkan 1.382 kasus TB di seluruh Puskesmas Kabupaten Pemalang. Kepatuhan pengobatan menjadi tantangan utama dalam pengobatan TBC, kualitas hidup juga berperan dalam mendukung kepatuhan pasien. Reaksi obat yang tidak diinginkan (ROTD) dapat mengganggu pengobatan, meningkatkan risiko resistensi obat, kegagalan terapi, penurunan kualitas hidup, hingga kematian. Penelitian ini bertujuan menganalisis pengaruh ROTD terhadap kepatuhan pengobatan dan kualitas hidup pasien TBC berbasis Health Belief Model di Puskesmas Mulyoharjo. Penelitian kuantitatif ini menggunakan desain cross-sectional dengan pengambilan sampel jenuh berjumlah 40 responden dan instrument berupa kuesioner MMAS8, WHOQOL-BREEF, dan Health Belief Model. Data dianalisis menggunakan regresi linier berganda dengan SPSS. Hasil menunjukkan ROTD tidak berpengaruh signifikan terhadap kepatuhan pengobatan ($p = 0,899$), tetapi memiliki pengaruh signifikan terhadap kualitas hidup ($p = 0,004$). Health Belief Model juga tidak berpengaruh signifikan terhadap kepatuhan ($p = 0,239$) maupun kualitas hidup ($p = 0,243$). Koefisien regresi ROTD terhadap kepatuhan adalah $-0,029$, mengindikasikan hubungan negatif, sementara Health Belief Model menunjukkan hubungan positif ($0,409$). Untuk kualitas hidup, koefisien ROTD negatif ($-5,313$), sedangkan Health Belief Model positif ($0,409$). Diharapkan responden memperhatikan kemungkinan ROTD untuk meningkatkan kepatuhan dan memiliki kualitas hidup yang baik.

Kata Kunci: *Kepatuhan , Kualitas hidup, Tuberculosis*

ABSTRACT

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Analysis of the Effect of Undesirable Drug Reactions (ROTD) on Treatment Compliance and Life Quality of Tuberculosis Patients Based on the Health Belief Model at the Mulyoharjo Community Health Center, Pemalang Regency

Tuberculosis (TB) is an infectious disease caused by the bacteria *Mycobacterium tuberculosis*. In April 2021, Indonesia recorded 357,199 TB cases according to SITB. TB is the second deadliest infectious disease in the world after COVID-19 and the thirteenth cause of death globally. Pemalang Health Service data for 2023 shows 1,382 TB cases in all Pemalang Regency Health Centers. Treatment compliance is a major challenge in TB treatment and quality of life also plays a role in supporting patient compliance. Undesirable drug reactions (ROTD) can interfere with treatment, increasing the risk of drug resistance, therapy failure, decreased quality of life, and even death. This study aims to analyze the effect of ROTD on treatment compliance and quality of life for TB patients based on the Health Belief Model at the Mulyoharjo Community Health Center. This quantitative research applied a cross-sectional design with saturated sampling of 40 respondents and instruments in the form of MMAS8, WHOQOL-BREEF, and Health Belief Model questionnaires.

Furthermore, data were analyzed using multiple linear regression with SPSS. The results stated that ROTD had no significant effect on treatment adherence ($p = 0.899$), but had a significant effect on quality of life ($p = 0.004$). The Health Belief Model also did not have a significant effect on compliance ($p = 0.239$) or quality of life ($p = 0.243$). The ROTD regression coefficient on compliance is -0.029 , indicating a negative correlation, while the Health Belief Model shows a positive correlation (0.409). Meanwhile, for quality of life, the ROTD coefficient is negative (-5.313), while the Health Belief Model is positive (0.409). Therefore, it is expected that respondents will pay attention to the possibility of ROTD to increase compliance and have a good quality of life.

Keywords: *compliance, quality of life, Tuberculosis*