

**Program Studi Sarjana Farmasi  
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**ABSTRAK**

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**Pengaruh Pelayanan Informasi Obat Leaflet Terhadap Tingkat Kepatuhan dan Kualitas Hidup Pasien Diabetes Mellitus Kelas Prolanis Puskesmas Wonokerto 1**

Salah satu permasalahan dalam penatalaksanaan diabetes tipe 2 ialah kepatuhan pasien yang rendah terhadap pengobatan serta kurangnya pemahaman tentang obat hipoglikemik oral. Ketidakepatuhan terhadap pengobatan mempengaruhi kualitas hidup pasien. Intervensi layanan informasi obat (PIO) memiliki dampak yang signifikan terhadap pemahaman instruksi pengobatan serta peningkatan kepatuhan pasien. Dengan adanya PIO dengan leaflet kepatuhan pasien terhadap pengobatan dan kualitas hidup dapat ditingkatkan, sehingga keberhasilan terapi dapat tercapai. Penelitian ini bertujuan melihat pengaruh PIO Leaflet dengan metode ceramah dan diskusi terhadap kepatuhan dan kualitas hidup pada pasien diabetes mellitus kelas prolanis Puskesmas Wonokerto 1. Penelitian ini menggunakan pendekatan data prospektif serta dianalisis dengan menerapkan metode analisis deskriptif. Desain yang diterapkan pada penelitian ini ialah *one group pretest-posttest design*. Teknik analisis data pada penelitian ini menggunakan uji *chi-square*, uji *paired sample t-test*, uji *t-wilcoxon*. Penelitian ini terdapat 42 responden dengan kriteria inklusi pasien DM kelas prolanis, pasien yang mampu berkomunikasi dengan baik, pasien yang bersedia menjadi responden, dan pasien berusia 15-65 tahun. Hasil penelitian ini menunjukkan uji statistik *chi square* pada karakteristik demografi responden tidak berpengaruh terhadap tingkat kepatuhan serta kualitas hidup. Hasil uji statistik *t-wilcoxon* terhadap tingkat kepatuhan serta kualitas hidup, memperlihatkan p-value 0,000 berkorelasi terhadap tingkat kepatuhan serta p-value 0,000 berkorelasi terhadap peningkatan kualitas hidup. Hasil uji statistik *paired sample T-test* juga memperlihatkan nilai p-value sebesar 0,001 berpengaruh terhadap penurunan kadar gula darah. Kesimpulan dari penelitian ini bahwa PIO leaflet berpengaruh dalam meningkatkan kepatuhan, kualitas hidup serta menurunkan kadar gula darah pasien DM kelas prolanis Puskesmas Wonokerto 1 sebesar  $\pm 200$  mg/dl.

**Kata Kunci:** DM, Kepatuhan, Kualitas hidup, Pelayanan Informasi Obat

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**ABSTRACT**

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**The Effect of Leaflet Drug Information Services on the Level of Adherence and Quality of Life of Diabetes Mellitus Patients in Chronic Disease Management Program (*Prolanis*) Class at Wonokerto Health Center I**

There are some problems in the management of type 2 diabetes such as patients' low adherence to medication and a lack of understanding about oral hypoglycemic drugs. Nonadherence to treatment affects the patient's quality of life. Drug information service (DIS) interventions have a significant impact on understanding medication instructions and increasing patient adherence. With the DIS with leaflets, patient adherence to treatment and their quality of life can be improved, so that the therapy objectives can be achieved. This study aimed to see the effect of DIS leaflets with lecturing and discussion methods on adherence and quality of life of diabetics at *Prolanis* Class at Wonokerto Health Center I. This study used a prospective data approach and was analyzed by descriptive analysis methods. The design implemented by this research was one group pretest-posttest design. Data analysis techniques consisted of the chi-square test, paired sample t-test, and Wilcoxon t-test. In this study, there were 42 respondents with the inclusion criteria of DM Class *Prolanis* patients, patients who were able to communicate well, patients who were willing to become respondents, and patients aged 15-65 years. The results of this study showed by the chi square statistical test indicated that the demographic characteristics of the respondents had no effect on the level of adherence and quality of life. The results of the t-wilxocon statistical test on the level of adherence and quality of life showed a p-value of 0.000 correlated with the level of adherence, and a p-value of 0.000 correlated with an increase in quality of life. The results of the paired sample T-test also showed a p-value of 0.001 affecting the decreasing blood sugar levels. The conclusion from this study was that DIS leaflets had an effect on the increasing adherence, quality of life, and reducing blood sugar levels in DM patients of the *Prolanis* Class of Wonokerto Health Center I as much as  $\pm 200$  mg/dl.

**Keywords:** *DM, Adherence, Quality of life, Drug Information Services*