

INTISARI

HUBUNGAN TINGKAT PENGETAHUAN PASIEN TENTANG DM TERHADAP KEPATUHAN TERAPI OBAT DI RUANG PAVILLIUN RSUD SARAS HUSADA PURWOREJO

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Latar belakang: Pola penyakit di Indonesia mengalami pergeseran yang cukup meyakinkan. Penyakit infeksi dan kurang gizi berangsur turun, sedangkan penyakit degeneratif seperti Diabetes Mellitus meningkat tajam. Diabetes Mellitus merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemi yang terjadi karena kelainan sekresi insulin, kerja insulin atau keduanya. Penanganan pasien DM dilakukan dengan edukasi, diet, obat DM, latihan jasmani, monitor gula darah. Keberhasilan terapi untuk pasien DM dipengaruhi oleh pengetahuan pasien tentang penyakit DM dan bagaimana pasien mau mematuhi penatalaksanaan yang telah diberikan. di RSUD Saras Husada Purworejo di tahun 2011 penderita DM berjumlah 331 pasien, tahun 2012 sebanyak 350 dan tahun 2013 bulan januari sampai april sebanyak 149 pasien.

Tujuan: untuk mengetahui hubungan antara tingkat pengetahuan dan kepatuhan terapi obat DM di RSUD Saras Husada Purworejo.

Metode: Jenis penelitian dengan *Observasional* dengan desain *cross sectional*. Pengambilan sampel dengan tehnik *purposive sampling*. Pengumpulan data dengan kuesioner dalam waktu 1 bulan. Jumlah sampel sebanyak 35 Orang. Analisis data dengan menggunakan analisis *Chi-Square*.

Hasil: Terdapat 3 kelompok responden yaitu umur <40 tahun 25,7%, 40-50 tahun 51,4%, >50 tahun 22,9%. Pendidikan dasar sebanyak 17,1%, pendidikan menengah 65,7%, pendidikan Tinggi 17,1%. Dari 35 orang responden 31,4% mempunyai pengetahuan baik, 57,4% mempunyai pengetahuan cukup, 11,4% mempunyai pengetahuan rendah. Dari 35 responden terdapat 65,7% yang mematuhi terapi obat DM dan 34,3% responden yang tidak patuh. Hasil analisis data dengan menggunakan *Chi square* menunjukkan ada hubungan antara tingkat pengetahuan pasien tentang DM dan kepatuhan terapi obat DM di RSUD Saras Husada Purworejo dengan nilai $p < 0,05$. Hasil penelitian menunjukkan kekuatan hubungan sebesar 0,454 yaitu tingkat hubungan variabel sedang.

Kesimpulan: Terdapat hubungan antara tingkat pengetahuan pasien tentang DM terhadap kepatuhan terapi obat di RSUD Saras Husada Purworejo tahun 2013.

Kata Kunci: pengetahuan, kepatuhan, Diabetes Mellitus.

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ABSTRACT

THE CORRELATION BETWEEN PATIENTS' LEVEL OF KNOWLEDGE ABOUT DM AND THEIR DISCIPLINE IN MEDICAL THERAPY AT PAVILLION WARD OF RSUD SARAS HUSADA PURWOREJO

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Background: The pattern of diseases in Indonesia has switched significantly. Infectious disease and malnutrition have gradually decreased, but degenerative disease like Diabetes Mellitus has increased sharply. Diabetes Mellitus is a metabolic disease with hyperglycemia characteristic caused by the abnormality of insulin secretion, insulin work, or both. Treatment to DM patients is done through education, diet, DM medication, physical exercise, and blood sugar monitoring. The success of therapy for DM patients is influenced by their knowledge about DM and their discipline in the following the treatment. In 2011, there were 331 DM patients in RSUD Saras Husada Purworejo, in 2012 there were 350 patients, and in 2013 there were 149 patients recorded from January until April.

Objective: This research aims to find out the relationship of knowledge level and DM Drug discipline in RSUD Saras Husada Purworejo.

Methodology: This is an observational research with cross sectional design. The samples were taken using purposive sampling. The data were collected through questionnaire throughout 1 month. There were 35 samples. The data were analyzed using Chi-square.

Finding: There were 3 groups of respondent; 25,7% of respondents were <40 years old, 51,4% were 40-50 years old, and 22,9% were >50 years old. 17,1% of them had elementary education, 65,7% of higher education, and 17,1% had university education. From 35 respondents, 31,4% of them had good knowledge, 57,4% had adequate knowledge, and 31,4% had low knowledge. 65,7% of the respondents were disciplined in DM medical therapy and 34,3% of them were not. The analyzed data using Chi-square showed that there is a correlation between patients' level of knowledge about DM and their discipline in medical therapy in RSUD Saras Husada Purworejo, with p value < 0,05. The finding shows that the strength of the correlation is 0,454 or the level of correlation is moderate.

Conclusion: There is a correlation between the level of patients' knowledge about DM and their discipline in medical therapy in RSUD Saras Husada Purworejo in 2013.

Key words: knowledge, discipline, Diabetes Mellitus

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