

ABSTRAK

**FAKTOR-FAKTOR YANG MEMENGARUHI KEPATUHAN
PENGOBATAN PADA PASIEN DIABETES MELITUS
DI PUSKESMAS GADINGREJO
KABUPATEN PRINGSEWU**

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Diabetes Melitus (DM) merupakan penyakit metabolik kronis yang memerlukan kepatuhan pengobatan jangka panjang untuk mencegah komplikasi. Penelitian ini bertujuan menganalisis faktor yang memengaruhi kepatuhan pengobatan pada pasien diabetes melitus di Puskesmas Gading Rejo, Kabupaten Pringsewu, yang dilaksanakan pada bulan April hingga Juni 2026, dengan pendekatan *Health Belief Model* (HBM). Penelitian menggunakan desain kuantitatif *case-control* dengan sampel 206 responden, terdiri dari 103 pasien patuh dan 103 pasien tidak patuh, yang dipilih melalui *stratified random sampling*. Data dikumpulkan melalui kuesioner terstruktur dengan skala *likert* berdasarkan konstruk HBM, meliputi *perceived susceptibility*, *perceived severity*, *perceived benefit*, *perceived barrier*, *self efficacy*, dan *cues to action*, serta karakteristik sosiodemografi pasien. Analisis data dilakukan menggunakan uji bivariat dan regresi logistik. Hasil penelitian menunjukkan tidak terdapat pengaruh signifikan antara pendidikan, pekerjaan, pendapatan, usia, jenis kelamin, maupun lama menderita DM dengan kepatuhan pengobatan. Sebaliknya, semua konstruk HBM terbukti berpengaruh signifikan dengan kepatuhan, yaitu *perceived susceptibility* ($p < 0,001$), *perceived severity* ($p = 0,002$), *perceived benefit* ($p < 0,001$), *perceived barrier* ($p = 0,012$), *self efficacy* ($p = 0,005$), dan *cues to action* ($p < 0,001$). Faktor paling dominan adalah *cues to action* dengan $p < 0,001$ dan $OR = 3,771$, yang menunjukkan bahwa setiap peningkatan dorongan atau isyarat untuk bertindak meningkatkan kemungkinan kepatuhan pasien DM lebih dari dua kali lipat dibandingkan pasien dengan *cues to action* rendah. Penelitian ini menekankan pentingnya peningkatan edukasi, konseling, dan dukungan berkelanjutan dari tenaga kesehatan maupun keluarga untuk mendorong kepatuhan pengobatan. Penerapan program berbasis HBM di layanan primer diharapkan membantu pasien mengontrol kadar gula darah secara lebih efektif dan mencegah komplikasi jangka panjang.

Kata kunci: *cues to action*, diabetes melitus, *Health Belief Model*, kepatuhan pengobatan, pasien

ABSTRACT

FACTORS AFFECTING MEDICATION ADHERENCE AMONG PATIENTS WITH DIABETES MELLITUS AT GADINGREJO PUBLIC HEALTH CENTER, PRINGSEWU REGENCY

By

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Diabetes Mellitus (DM) is a chronic metabolic disease that requires long-term medication adherence to prevent complications. This study aimed to analyze the factor influencing medication adherence among DM patients at Puskesmas Gading Rejo, Pringsewu Regency, conducted from April to June 2026, using the Health Belief Model (HBM) approach. This quantitative case-control study involved 206 respondents, consisting of 103 adherent patients and 103 non-adherent patients, selected through stratified random sampling. Data were collected using a structured questionnaire with a Likert scale based on HBM constructs, including perceived susceptibility, perceived severity, perceived benefit, perceived barrier, self-efficacy, and cues to action, as well as patient sociodemographic characteristics. Data analysis was performed using bivariate tests and logistic regression. The results showed no significant association between education, occupation, income, age, gender, or duration of DM with medication adherence. In contrast, all HBM constructs were significantly associated with adherence: perceived susceptibility ($p < 0.001$), perceived severity ($p = 0.002$), perceived benefit ($p < 0.001$), perceived barrier ($p = 0.012$), self-efficacy ($p = 0.005$), and cues to action ($p < 0.001$). The most dominant factor was cues to action ($p < 0.001$; $OR = 3.771$), indicating that each increase in cues or prompts to act more than doubled the likelihood of patient adherence compared to those with low cues to action. This study highlights the importance of enhancing education, counseling, and continuous support from healthcare providers and family to promote medication adherence. Implementing HBM-based programs in primary care is expected to help patients better control blood glucose levels and prevent long-term complications.

Keywords: cues to action, diabetes mellitus, Health Belief Model, medication adherence, patients