

HUBUNGAN TINGKAT KEPATUHAN PENGOBATAN PASIEN DIABETES MELLITUS TERHADAP PENGENDALIAN KADAR GLUKOSA DARAH DI PUSKESMAS GAMPING 1

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INTISARI

Latar Belakang : Diabetes mellitus adalah penyakit metabolic yang diakibatkan oleh adanya kenaikan kadar gula darah disertai dengan gangguan metabolisme karbohidrat, lipid dan protein akibat insufisiensi insulin. Ketidakstabilan kadar gula darah pada penderita DM dipengaruhi oleh beberapa faktor. Untuk mempercepat penyembuhan diperlukan kepatuhan minum obat yang tinggi oleh pasien.

Tujuan : Untuk mengetahui hubungan kepatuhan pengobatan pasien DM terhadap pengendalian kadar glukosa darah di Puskesmas Gamping 1.

Metode : Penelitian kuantitatif dengan rancangan deskriptif korelasi dan menggunakan pendekatan *cross sectional*. Alat pengambilan data menggunakan kuesioner Tingkat Kepatuhan MMAS-8 dan kuesioner data demografi. Penelitian ini dilakukan pada bulan Agustus 2021 di Puskesmas Gamping 1 Yogyakarta. Analisis data menggunakan analisis univariat dan bivariate. Sampel yang digunakan adalah pasien Diabetes Mellitus berjumlah 46 responden yang di ambil menggunakan *purposive sampling*.

Hasil : Hasil penelitian Kepatuhan Pengobatan terhadap pengendalian kadar glukosa darah di dapatkan hasil P value = 0,000. Maka terdapat hubungan antara tingkat kepatuhan pengobatan dengan pengendalian kadar glukosa darah.

Kesimpulan : Tingkat Kepatuhan di puskesmas Gamping 1, sebagian besar dalam kategori rendah yakni sejumlah 40 responden (87,0%). Hubungan tingkat kepatuhan pengobatan dengan kadar gula darah memiliki korelasi kuat semakin tinggi nilai kepatuhan maka kadar glukosa darah semakin menurun (kearah normal).

Kata Kunci: diabetes mellitus, kadar glukosa darah, tingkat kepatuhan

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THE RELATIONSHIP OF TREATMENT COMPLIANCE LEVEL OF DIABETES MELLITUS PATIENTS TO CONTROLLING BLOOD GLUCOSE LEVELS IN GAMPING HEALTH CENTER 1

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ABSTRACT

Background: Diabetes mellitus is a metabolic disease caused by an increase in blood sugar levels accompanied by impaired carbohydrate, lipid and protein metabolism due to insulin insufficiency. The instability of blood sugar levels in DM patients is influenced by several factors. To demand the necessary care according to the high medication taken by the patient.

Objective: The purpose of this study was to determine the relationship between treatment adherence of DM patients to controlling blood glucose levels at the Gamping 1 Public Health Center.

Methods: Quantitative research with descriptive correlation design and using a cross sectional approach. The data collection tool used the MMAS-8 Compliance Level questionnaire and the demographic data questionnaire. This research was conducted in August 2021 at the Gamping 1 Health Center Yogyakarta. Data analysis used univariate and bivariate analysis. The sample used is patients with Diabetes Mellitus totaling 46 respondents who were taken using purposive sampling.

Results: The results of the study on treatment adherence to controlling blood glucose levels were obtained with P value = 0.000. So there is a relationship between the level of medication adherence with controlling blood glucose levels.

Conclusion : The level of compliance at the Gamping 1 health center is mostly in the low category, namely 40 respondents (87.0%). The relationship between the level of medication adherence and blood sugar levels has a strong correlation, the higher the adherence value, the lower the blood glucose level (towards normal).

Keywords: diabetes mellitus, blood glucose level, compliance level

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