

HUBUNGAN ANTARA DUKUNGAN SOSIAL DAN MOTIVASI DIRI DENGAN KEPATUHAN MINUM OBAT PASIEN TUBERKULOSIS PARU DI RSUD PANEMBAHAN SENOPATI, PUSKESMAS SEWON I DAN II BANTUL

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INTISARI

Latar Belakang : Tuberkulosis (TB) paru adalah penyakit yang disebabkan oleh bakteri *mycobacterium tuberculosis* dan merupakan penyebab kematian urutan kedua di dunia. Pengobatan TB memerlukan waktu selama 6-9 bulan, sehingga banyak penderita TB yang mengalami *drop out* atau putus obat. Salah satu faktor untuk mencegah *drop out* adalah motivasi. Motivasi adalah kekuatan yang akan menggerakkan seseorang untuk mencapai tujuannya. Selain itu, penderita TB juga membutuhkan dukungan sosial untuk menurunkan beban psikologis. Dukungan sosial dapat memengaruhi tingkah laku seseorang seperti penurunan rasa cemas, tidak berdaya dan putus asa.

Tujuan Penelitian : Diketuinya hubungan antara dukungan sosial dan motivasi diri dengan kepatuhan minum obat pasien TB paru.

Metode Penelitian : Rancangan penelitian ini adalah deskriptif korelasi dengan pendekatan *cross sectional*. Jumlah sampel yang digunakan 19 responden dengan teknik total sampling, dari Rumah Sakit Panembahan Senopati, Puskesmas Sewon I dan II Bantul. Analisis data menggunakan *fisher exact test* dan *kolmogorov-smirnov*.

Hasil : Mayoritas responden dalam penelitian ini patuh pada pengobatan TB (78.9%), mempunyai motivasi baik (78.9%), dan mendapatkan dukungan sosial yang tinggi (84.2%). Hasil analisis bivariat yaitu ada hubungan antara dukungan sosial dengan kepatuhan minum obat pasien TB paru dengan nilai p 0.004. Sedangkan untuk motivasi dengan kepatuhan didapatkan nilai p 0.989 sehingga tidak ada hubungan antara motivasi diri dengan kepatuhan minum obat penderita TB paru.

Kesimpulan : Dukungan sosial memengaruhi kepatuhan minum obat penderita TB paru, sedangkan motivasi diri tidak memengaruhi kepatuhan seseorang dalam minum obat TB paru.

Kata Kunci : Tuberkulosis paru, Dukungan sosial, Motivasi diri, Kepatuhan minum obat.

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**RELATIONSHIP BETWEEN SOCIAL SUPPORT AND SELF-
MOTIVATION WITH MEDICATION ADHERENCE OF
PULMONARY TUBERCULOSIS PATIENT IN RSUD
PANEMBAHAN SENOPATI, PUSKESMAS
SEWON I AND II BANTUL**

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ABSTRACT**

Background : Pulmonary Tuberculosis (TB) is a disease caused by the bacteria *mycobacterium tuberculosis* and became the second leading cause of death in the world. TB treatment requires 6-9 months, therefore many people who suffered from TB were drop out. One of the factors to prevent drop out is motivation. Motivation is a force that will lead a person to achieve their goal. In addition, TB patient also need social support to reduce psychological burden. Social support can affect a person's behaviour such as decrease anxiety, helplessness, and despair.

Objective : The objective of this study was to identify the relationship between social support and self-motivation with medication adherence of pulmonary TB patient.

Method : This was a descriptive correlation study with cross-sectional design. The number of samples were 19 respondents with total sampling technique. It was selected from Panembahna Senopati General Hospital, Public Health Center of Sewon I and II Bantul. Fisher exact test and kolmogorov-smirnov were performed to analyze the data.

Results : The majority of the respondents in this study were adhere to TB treatment (78.9%), have a good motivation (78.9%), and high social support (84.2%). Results from bivariate analysis, there was a relationship between social support with medication adherence of pulmonary TB patient with p value 0.004. Furthermore, the result of motivation to compliance obtained p value of 0.989, which mean there was no relationship between self-motivation with medication adherence of pulmonary tuberculosis patients.

Conclusion : social support affected medication adherence of pulmonary tuberculosis patients, while self-motivation did not affect a person's compliance on taking pulmonary tuberculosis medication.

Keywords : Pulmonary tuberculosis, Social support, Self-motivation, Medication adherence

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