

HUBUNGAN ANTARA TINGKAT KEPATUHAN MINUM OBAT DENGAN KADAR GULA DARAH PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS CILACAP SELATAN II

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ABSTRAK

Kepatuhan merupakan salah satu faktor yang sangat penting dalam keberhasilan terapi seorang pasien termasuk pasien diabetes melitus tipe 2. Kepatuhan menjadi persoalan yang perlu mendapat perhatian pada pasien DM tipe 2. Seseorang di diagnosa menderita diabetes melitus jika mempunyai kadar glukosa darah sewaktu >200 mg/dl dan kadar glukosa darah puasa >126 mg/dl. Berdasarkan data yang di peroleh dari UPTD Puskesmas Cilacap Selatan II pasien prolans sebanyak 60 orang. Tujuan pada penelitian ini yaitu untuk mengetahui hubungan antara tingkat kepatuhan minum obat dengan kadar gula darah pada pasien diabetes melitus tipe 2 di UPTD Puskesmas Cilacap Selatan II. Metode penelitian ini yaitu dengan metode deskriptif yang bersifat korelasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel dengan menggunakan *purposive sampling* didapatkan responden sejumlah 60 orang yang sudah memenuhi kriteria inklusi dan eksklusi. Analisis data disajikan dalam bentuk analisis deskriptif dan di uji *chi-square*. Berdasarkan hasil penelitian tingkat kepatuhan sedang sebanyak 46.4%. Sebanyak 66,7% responden kadar gula darah puasa penderita DM tipe 2 berada di dalam kategori normal. Terdapat hubungan yang signifikan antara tingkat kepatuhan minum obat dengan kadar gula darah (p-value 0,049). Kesimpulan terdapat hubungan yang signifikan antara tingkat kepatuhan minum obat dengan kadar gula darah pada pasien diabetes melitus tipe 2 di UPTD Puskesmas Cilacap Selatan II.

Kata Kunci : kepatuhan, diabetes melitus tipe 2, kadar gula darah, puskesmas

**RELATIONSHIP BETWEEN THE LEVEL OF COMPLIANCE WITH
DRINKING AND BLOOD SUGAR LEVELS IN TYPE 2 DIABETES
MELLITUS PATIENTS AT THE CILACAP SELATAN HEALTH CENTER II**

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ABSTRACT

Compliance is a very important factor in the success of therapy for a patient, including patients with type 2 diabetes mellitus. Compliance is an issue that needs attention in patients with type 2 DM. A person who is diagnosed with diabetes mellitus has a blood glucose level when > 200 mg/dl and fasting blood glucose level >126 mg/dl. Based on data obtained from the UPTD Puskesmas Cilacap Selatan II, there were 60 patients. The purpose of this study was to determine the relationship between the level of medication adherence and blood sugar levels in patients with type 2 diabetes mellitus at the Cilacap Selatan II Health Center. This research method is a descriptive method that is correlational with a cross sectional approach. The sampling technique using purposive sampling obtained a total of 60 respondents who met the inclusion and exclusion criteria. Data analysis was presented in the form of descriptive analysis and was tested by chi-square. Based on the results of the study the level of adherence was as much as 46.4%. As many as 66.7% of respondents fasting blood sugar levels with type 2 DM were in the normal category. There is a significant relationship between the level of medication adherence and blood sugar levels (p -value 0.049). The conclusion is that there is a significant relationship between the level of adherence to taking medication and blood sugar levels in patients with type 2 diabetes mellitus at the UPTD Puskesmas Cilacap Selatan II.

Keywords: *compliance, type 2 diabetes mellitus, blood sugar level, health center*

