

HUBUNGAN TINGKAT KEPATUHAN MINUM OBAT DAN GLUKOSA DARAH PADA PASIEN DM TIPE 2 DI PUSKESMAS GARUDA BANDUNG

DEA NURUL ULFAH
211FF03059

Program Studi S1 Farmasi, Fakultas Farmasi
Universitas Bhakti Kencana

ABSTRAK

Diabetes melitus (DM) tipe 2 merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang, termasuk kepatuhan dalam minum obat untuk menjaga kadar glukosa darah tetap stabil. Kurangnya kepatuhan dapat menyebabkan kadar glukosa tidak terkontrol dan memicu komplikasi. Mengetahui hubungan antara tingkat kepatuhan minum obat dengan kadar glukosa darah pada pasien DM tipe 2 di Puskesmas Garuda Bandung. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan cross sectional. Jumlah responden sebanyak 90 orang. Dipilih melalui teknik quota sampling. Instrumen yang digunakan berupa kuesioner MMAS-8 untuk menilai kepatuhan dan data glukosa darah dari rekam medis. Analisis data menggunakan uji Chi-Square. Sebagian besar responden memiliki tingkat kepatuhan rendah (66,2%) dan kadar glukosa darah tidak terkontrol (63,2%). Hasil uji Chi-Square menunjukkan terdapat hubungan yang signifikan antara tingkat kepatuhan dengan kadar glukosa darah ($p = 0,000$). Kesimpulan dari penelitian ini terdapat hubungan signifikan antara tingkat kepatuhan minum obat dengan kadar glukosa darah. Semakin tinggi tingkat kepatuhan, semakin baik pengendalian glukosa darah pada pasien DM tipe 2.

Kata Kunci: Kepatuhan, Glukosa Darah, Diabetes Melitus Tipe 2, Puskesmas

**THE RELATIONSHIP BETWEEN MEDICATION ADHERENCE AND
BLOOD GLUCOSE LEVELS IN PATIENTS WITH TYPE 2 DIABETES
MELLITUS AT GARUDA PUBLIC HEALTH CENTER, BANDUNG**

**DEA NURUL ULFAH
211FF03059**

*S1 Pharmacy Study Program, Faculty of Pharmacy
Bhakti Kencana University*

ABSTRACT

Type 2 diabetes mellitus (DM) is a chronic disease that requires long-term management, including adherence to medication to maintain stable blood glucose levels. Lack of adherence can lead to uncontrolled glucose levels and trigger complications. This study aims to determine the relationship between medication adherence and blood glucose levels in patients with type 2 DM at Garuda Community Health Center, Bandung. The study used an analytic correlational design with a cross-sectional approach. The number of respondents was 90, selected by quota sampling technique. The instruments used were the MMAS-8 questionnaire to assess adherence and blood glucose data from medical records. Data analysis was conducted using the Chi-Square test. Most respondents had low adherence levels (66.2%) and uncontrolled blood glucose levels (63.2%). The Chi-Square test results showed a significant relationship between adherence levels and blood glucose levels ($p = 0.000$). The conclusion of this study is that there is a significant relationship between medication adherence and blood glucose levels. The higher the adherence level, the better the glucose control in patients with type 2 DM.

Keywords: *Adherence, Blood Glucose, Type 2 Diabetes Mellitus, Public Health Center.*