

ABSTRAK

ANALISIS HUBUNGAN TINGKAT KEPATUHAN PENGGUNAAN OBAT ANTIDIABETIK DENGAN PENURUNAN KADAR GLUKOSA PADA PASIEN DIABETES MELITUS TIPE 2 DI RUMAH SAKIT PTPN SUBANG

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Diabetes melitus tipe 2 merupakan penyakit kronis yang memerlukan pengobatan jangka panjang, di mana kepatuhan pasien terhadap penggunaan obat antidiabetik berperan penting dalam mengendalikan kadar glukosa darah. Penelitian ini bertujuan menganalisis hubungan antara tingkat kepatuhan penggunaan obat antidiabetik dengan penurunan kadar glukosa pada pasien diabetes melitus tipe 2 di RS PTPN Subang. Metode penelitian observasional dengan sampel sebanyak 68 pasien rawat jalan selama Maret–Mei 2025. Data kepatuhan diperoleh melalui kuesioner MMAS-8, sedangkan data kadar glukosa diambil dari rekam medis. Analisis hubungan dilakukan menggunakan uji korelasi Spearman. Hasil penelitian menunjukkan mayoritas pasien memiliki kepatuhan sedang (41,2%) dan rendah (33,8%), dengan hanya 25,0% pasien yang memiliki kepatuhan tinggi. Terdapat hubungan negatif signifikan antara kepatuhan dan kadar glukosa darah sebelum pengobatan ($r = -0,254$; $p = 0,037$) maupun sesudah pengobatan ($r = -0,305$; $p = 0,012$). Hal ini mengindikasikan bahwa kepatuhan yang lebih tinggi berkorelasi dengan kadar glukosa darah yang lebih rendah. Disimpulkan bahwa kepatuhan penggunaan obat antidiabetik berpengaruh terhadap penurunan kadar glukosa darah. Edukasi berkelanjutan dan dukungan keluarga diperlukan untuk meningkatkan kepatuhan pasien.

Kata kunci: Diabetes Melitus Tipe 2, Kepatuhan, Obat Antidiabetik, Kadar Glukosa, MMAS-8

***THE RELATIONSHIP OF THE LEVEL OF COMPLIANCE WITH
ANTIDIABETIC DRUGS WITH REDUCTION OF GLUCOSE
LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS
AT PTPN SUBANG HOSPITAL***

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ABSTRACT

Type 2 diabetes mellitus is a chronic disease that requires long-term treatment, in which patient adherence to the use of antidiabetic drugs plays an important role in controlling blood glucose levels. This study aims to analyze the relationship between the level of adherence to antidiabetic drug use and the reduction of blood glucose levels in patients with type 2 diabetes mellitus at PTPN Subang Hospital. The research method was observational with a sample of 68 outpatients during March–May 2025. Adherence data were obtained using the MMAS-8 questionnaire, while blood glucose data were collected from medical records. The relationship analysis was carried out using Spearman's correlation test. The results showed that the majority of patients had moderate adherence (41.2%) and low adherence (33.8%), with only 25.0% of patients having high adherence. There was a significant positif correlation between adherence and blood glucose levels before treatment ($r = -0.254$; $p = 0.037$) as well as after treatment ($r = -0.305$; $p = 0.012$). This indicates that higher adherence is correlated with lower blood glucose levels. It can be concluded that adherence to antidiabetic drug use affects the reduction of blood glucose levels. Continuous education and family support are needed to improve patient adherence.

Keywords: *Type 2 Diabetes Mellitus, Adherence, Antidiabetic Drugs, Blood Glucose Levels, MMAS-8*