

HUBUNGAN *HEALTH LOCUS OF CONTROL* DAN *SELF-COMPASSION* DENGAN TINGKAT KEPATUHAN MINUM OBAT PASIEN TUBERKULOSIS PARU DI RSUD TARAKAN

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Abstrak

Tuberkulosis paru masih menjadi masalah kesehatan di Indonesia karena bersifat kronis dan menular. Keberhasilan pengobatan tidak hanya ditentukan oleh terapi yang diberikan, tetapi juga sangat bergantung pada kepatuhan pasien dalam menjalani pengobatan secara teratur. Namun, pada kenyataannya masih terdapat pasien dengan tingkat kepatuhan minum obat yang rendah. Salah satu faktor yang memengaruhi kondisi tersebut adalah aspek psikologis, seperti *health locus of control* dan *self-compassion*. Penelitian ini bertujuan untuk menganalisis hubungan *health locus of control* dan *self-compassion* dengan tingkat kepatuhan minum obat pada pasien tuberkulosis paru di RSUD Tarakan. Penelitian menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Sebanyak 167 pasien tuberkulosis paru yang sedang menjalani pengobatan dipilih sebagai responden melalui teknik *purposive sampling*. Data dikumpulkan menggunakan instrumen *Multidimensional Health Locus of Control*, *Self-Compassion Scale*, dan *Morisky Medication Adherence Scale* (MMAS-8). Hasil analisis uji *Chi-Square* menunjukkan adanya hubungan yang signifikan antara *health locus of control* dan *self-compassion* dengan kepatuhan minum obat ($p < 0,001$). Temuan ini menunjukkan bahwa faktor psikologis memiliki peran penting dalam keberhasilan pengobatan tuberkulosis paru, sehingga penelitian selanjutnya disarankan mengembangkan studi intervensi dan mempertimbangkan variabel lain yang memengaruhi kepatuhan pasien.

Kata kunci: *Health Locus of Control*, *Self-Compassion*, Tingkat Kepatuhan Minum Obat, Tuberkulosis paru

**RELATIONSHIP BETWEEN HEALTH LOCUS OF CONTROL AND
SELF-COMPASSION WITH THE LEVEL OF MEDICATION
ADHERENCE OF PATIENTS WITH PULMONARY
TUBERCULOSIS AT TARAKAN REGIONAL
HOSPITAL**

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Abstract

Pulmonary tuberculosis remains a health problem in Indonesia because it is chronic and contagious. The success of treatment is not only determined by the therapy provided, but also depends heavily on patient compliance in undergoing regular treatment. However, in reality, there are still patients with low medication adherence rates. One of the factors influencing this condition is psychological aspects, such as health locus of control and self-compassion. This study aims to analyze the relationship between health locus of control and self-compassion with medication adherence rates in pulmonary tuberculosis patients at Tarakan Regional General Hospital. The study used a quantitative approach with a cross-sectional design. A total of 167 pulmonary tuberculosis patients undergoing treatment were selected as respondents through purposive sampling. Data were collected using the Multidimensional Health Locus of Control, Self-Compassion Scale, and Morisky Medication Adherence Scale (MMAS-8) instruments. The results of the Chi-Square test showed a significant relationship between health locus of control and self-compassion with medication adherence ($p < 0.001$). These findings indicate that psychological factors play an important role in the success of pulmonary tuberculosis treatment, so further research is recommended to develop intervention studies and consider other variables that affect patient adherence.

Keyword: *Health Locus of Control, Pulmonary Tuberculosis, Self-Compassion, The Level of Medication Adherence*