

HUBUNGAN DUKUNGAN KELUARGA, SPIRITUALITAS DAN *PEER SUPPORT* DENGAN KEPATUHAN MINUM OBAT PADA LANSIA DENGAN DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS KECAMATAN LIMO

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Abstrak

Diabetes melitus merupakan penyakit kronis yang umum dialami lansia, sehingga memerlukan kepatuhan tinggi terhadap pengobatan untuk mencegah komplikasi. Selain faktor individu, kepatuhan minum obat antidiabetes juga dipengaruhi oleh dukungan keluarga, spiritualitas, dan *peer support*. Oleh karena itu, Penelitian ini bertujuan untuk menganalisis hubungan dukungan keluarga dengan kepatuhan minum obat antidiabetes, menganalisis hubungan spiritualitas dengan kepatuhan minum obat antidiabetes, serta menganalisis hubungan *peer support* dengan kepatuhan minum obat antidiabetes pada lansia penderita diabetes melitus di wilayah kerja Puskesmas Kecamatan Limo.. Penelitian kuantitatif dengan desain *cross-sectional* ini menggunakan teknik *purposive sampling* terhadap 91 responden lansia. Data dikumpulkan melalui kuesioner Hensarling Diabetes Family Support Scale (HDFSS), Spiritual Well-Being Scale (SWBS), Family–Diabetes Peer Support Group (F-DPSG), dan Morisky Medication Adherence Scale-8 (MMAS-8), kemudian dianalisis dengan uji Chi-Square. Hasilnya menunjukkan hubungan signifikan antara dukungan keluarga ($p=0,000$), spiritualitas ($p=0,000$), serta *peer support* ($p=0,000$) dengan kepatuhan minum obat antidiabetes. Dengan demikian, ketiga faktor ini berperan penting dalam meningkatkan kepatuhan terapi pada lansia diabetes melitus, sehingga diperlukan keterlibatan aktif keluarga dalam pengawasan dan pengingat jadwal minum obat, mengintegrasikan motivasi dan konseling spiritual sederhana sesuai keyakinan lansia dalam pelayanan kesehatan, serta mengaktifkan kelompok sebaya lansia diabetes di puskesmas sebagai sarana edukasi dan saling mendukung dalam menjalani terapi.

Kata Kunci: Diabetes Melitus, Dukungan Keluarga, Kepatuhan Minum Obat, Lansia, *Peer Support*, Spiritualitas

**THE RELATIONSHIP BETWEEN FAMILY SUPPORT,
SPIRITUALITY, AND PEER SUPPORT WITH MEDICATION
ADHERENCE AMONG ELDERLY PATIENTS WITH DIABETES
MELLITUS AT LIMO DISTRICT HEALTH CENTER**

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Abstrak

Diabetes mellitus is a chronic disease commonly experienced by older adults, requiring a high level of medication adherence to prevent complications. In addition to individual factors, adherence to antidiabetic medication is influenced by family support, spirituality, and peer support. Therefore, this study aimed to analyze the relationship between family support and antidiabetic medication adherence, the relationship between spirituality and antidiabetic medication adherence, and the relationship between peer support and antidiabetic medication adherence among older adults with diabetes mellitus in the working area of Limo District Public Health Center. This quantitative study employed a cross-sectional design with purposive sampling involving 91 elderly respondents. Data were collected using the Hensarling Diabetes Family Support Scale (HDFSS), Spiritual Well-Being Scale (SWBS), Family–Diabetes Peer Support Group (F-DPSG), and Morisky Medication Adherence Scale-8 (MMAS-8), and were analyzed using the Chi-Square test. The results showed significant relationships between family support ($p = 0.000$), spirituality ($p = 0.000$), and peer support ($p = 0.000$) with antidiabetic medication adherence. Thus, these three factors play an important role in improving therapeutic adherence among older adults with diabetes mellitus, highlighting the need for active family involvement in monitoring and reminding medication schedules, integrating simple spiritual motivation and counseling aligned with the elderly's beliefs into health services, and activating peer support groups for elderly patients with diabetes at public health centers as a means of education and mutual support in undergoing therapy.

Keywords: *Diabetes Mellitus, Family Support, Medication Adherence, Older Adults, Peer Support, Spirituality.*