

PERBANDINGAN KEPATUHAN MINUM OBAT DAN KONTROL GULA DARAH BERDASARKAN KELOMPOK USIA PADA PENDERITA DIABETES MELITUS TIPE 2 DI RSPAD GATOT SOEBROTO

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ABSTRAK

Diabetes melitus tipe 2 merupakan penyakit metabolik kronis yang memerlukan kepatuhan minum obat untuk mencapai kontrol gula darah yang optimal. Penelitian ini menggunakan desain analitik observasional dengan pendekatan potong lintang (*cross-sectional*) dengan jumlah sampel sebanyak 141 responden pasien diabetes melitus tipe 2 di Poliklinik Endokrin Diabetes RSPAD Gatot Soebroto. Sampel diambil menggunakan metode *non-probability sampling* dengan pendekatan *accidental sampling (convenience sampling)*. Data kepatuhan minum obat diperoleh melalui kuesioner *Morisky Medication Adherence Scale (MMAS-8)*, sedangkan kontrol gula darah dinilai berdasarkan kadar GDP. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Mann-Whitney* dan *Chi-Square* dengan tingkat signifikansi $p < 0,05$. Hasil penelitian menunjukkan mayoritas responden kelompok usia lansia (60–75 tahun) dengan kepatuhan minum obat kategori tinggi (51,77%) dan kontrol GDP terkontrol (60,78%) dibandingkan kelompok usia dewasa (18–59 tahun). Sehingga dapat disimpulkan bahwa sebagian besar responden memiliki GDP terkontrol dan kepatuhan minum obat kategori tinggi pada kelompok usia lansia, serta terdapat perbedaan dan hubungan bermakna antara kepatuhan minum obat dengan kontrol GDP

Kata Kunci : Diabetes Melitus Tipe 2, Kepatuhan Minum Obat, Kontrol GDP

**COMPARISON OF COMPLIANCE WITH MEDICATION USE
AND BLOOD SUGAR CONTROL BASED ON AGE GROUP IN
TYPE 2 DIABETES MELLITUS PATIENTS AT RSPAD GATOT
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ABSTRACT

Type 2 diabetes mellitus is a chronic metabolic disease that requires medication adherence to achieve optimal blood sugar control. This study used an observational analytical design with a cross-sectional approach and a sample size of 141 respondents with type 2 diabetes mellitus at the Endocrine Diabetes Polyclinic of the Gatot Soebroto Army Hospital. The sample was taken using a non-probability sampling method with an accidental sampling (convenience sampling) approach. Medication adherence data were obtained through the Morisky Medication Adherence Scale (MMAS-8) questionnaire, while blood sugar control was assessed based on GDP levels. Data analysis was performed univariately and bivariately using the Mann-Whitney and Chi-Square tests with a significance level of $p < 0.05$. The results showed that the majority of respondents in the elderly age group (60 – 75 years) had high medication adherence (51.77%) and controlled blood glucose levels (60.78%) compared to the adult age group (18–59 years). Therefore, it can be concluded that most respondents had controlled GDP and high medication adherence in the elderly age group, and there were significant differences and relationships between medication adherence and GDP control.

Keywords: Control GDP, Medication Adherence, Type 2 Diabetes Mellitus