

HUBUNGAN KARAKTERISTIK DAN KEPATUHAN MINUM OBAT TERHADAP KUALITAS HIDUP PASIEN DISLIPIDEMIA DI PUSKESMAS CINERE PADA TAHUN 2024

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Abstrak

Dislipidemia merupakan kelainan metabolisme lipid yang berperan sebagai faktor risiko utama penyakit kardiovaskular dan dapat menurunkan kualitas hidup penderitanya. Tingginya prevalensi dislipidemia di Indonesia mendorong perlunya penelitian mengenai faktor-faktor yang memengaruhi kualitas hidup pasien. Penelitian ini bertujuan menganalisis hubungan karakteristik pasien dan kepatuhan minum obat dengan kualitas hidup pasien dislipidemia di Puskesmas Cinere tahun 2024. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional* pada 55 pasien yang dipilih melalui teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner *WHOQOL-BREF* dan *MMAS-8*, sedangkan analisis data menggunakan uji *Spearman Rank* dan *Chi-Square*. Hasil penelitian menunjukkan bahwa usia berhubungan dengan domain sosial kualitas hidup ($p=0,012$; $r=-0,335$) serta menunjukkan kecenderungan hubungan pada domain lingkungan ($p=0,050$; $r=-0,266$). Sebaliknya, pendidikan terakhir, jenis kelamin, dan pekerjaan tidak memiliki hubungan yang bermakna dengan seluruh domain kualitas hidup ($p>0,05$). Variabel lama menderita penyakit tidak dapat dianalisis karena seluruh responden telah menderita dislipidemia lebih dari satu tahun. Selain itu, kepatuhan minum obat juga tidak menunjukkan hubungan yang signifikan dengan domain fisik ($p=0,389$; $r=-0,118$), psikologis ($p=0,429$; $r=0,109$), sosial ($p=0,158$; $r=0,193$), maupun lingkungan ($p=0,053$; $r=0,262$).

Kata kunci: dislipidemia, karakteristik, kepatuhan minum obat, kualitas hidup.

THE RELATIONSHIP BETWEEN PATIENT CHARACTERISTICS AND MEDICATION ADHERENCE ON THE QUALITY OF LIFE OF DYSLIPIDEMIA PATIENTS AT CINERE PRIMARY HEALTH CENTER IN 2024

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Abstract

Dyslipidemia is a lipid metabolism disorder that constitutes one of the major risk factors for cardiovascular disease and may adversely affect patients' quality of life. The high prevalence of dyslipidemia in Indonesia highlights the need to investigate factors associated with the quality of life of affected patients. This study aimed to analyze the relationship between patient characteristics and medication adherence and the quality of life among patients with dyslipidemia at Cinere Primary Health Center in 2024. A quantitative study with a cross-sectional design was conducted among 55 patients selected using purposive sampling. Data were collected using the World Health Organization Quality of Life-BREF (WHOQOL-BREF) questionnaire and the 8-item Morisky Medication Adherence Scale (MMAS-8). Data were analyzed using the Spearman rank correlation test and the Chi-square test. The results showed that age was significantly associated with the social domain of quality of life ($p = 0.012$; $r = -0.335$) and demonstrated a borderline association with the environmental domain ($p = 0.050$; $r = -0.266$). In contrast, educational level, sex, and employment status were not significantly associated with any quality-of-life domains ($p > 0.05$). The duration of illness could not be analyzed because all respondents had been diagnosed with dyslipidemia for more than one year. Furthermore, medication adherence was not significantly associated with the physical ($p = 0.389$; $r = -0.118$), psychological ($p = 0.429$; $r = 0.109$), social ($p = 0.158$; $r = 0.193$), or environmental ($p = 0.053$; $r = 0.262$) domains of quality of life.

Keywords: dyslipidemia, patient characteristics, medication adherence, quality of life.