

HUBUNGAN KEPATUHAN TERAPI ANTIDIABETES DAN KADAR GULA DARAH TERHADAP KUALITAS HIDUP PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS CIRACAS

Cut Laila Nur Shabrina

Abstrak

Diabetes Melitus (DM) tipe 2 memerlukan kepatuhan terapi jangka panjang. Ketidakpatuhan dan kadar gula darah yang tidak terkontrol secara klinis dapat memperburuk kondisi kesehatan dan menurunkan kualitas hidup pasien secara signifikan. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan terapi antidiabetes dan kadar gula darah terhadap kualitas hidup pasien DM tipe 2 di Puskesmas Ciracas. Penelitian menggunakan pendekatan kuantitatif dengan rancangan *cross-sectional*. Sebanyak 53 responden dipilih menggunakan teknik *consecutive sampling*. Pengumpulan data dilakukan dengan instrumen MMAS-8 untuk menilai kepatuhan minum obat, instrumen WHOQOL-BREF untuk menilai kualitas hidup, serta rekam medis untuk melihat kadar gula darah puasa. Analisis dilakukan menggunakan uji korelasi Spearman. Analisis statistik menunjukkan hubungan positif yang signifikan antara kepatuhan dengan kualitas hidup ($r = +0,527$; $p < 0,001$) dan hubungan negatif yang sangat kuat antara kadar gula darah (GDP) dengan kualitas hidup ($r = -0,838$; $p < 0,001$). Kepatuhan terapi yang tinggi dan pengendalian kadar gula darah yang baik berhubungan langsung dengan peningkatan kualitas hidup pasien DM tipe 2. Diperlukan pemantauan rutin terhadap kadar gula darah dan motivasi berkelanjutan agar pasien tetap patuh dalam pengobatan.

Kata Kunci: Diabetes melitus tipe 2, Kadar gula darah, Kepatuhan terapi, Kualitas hidup.

THE RELATIONSHIP BETWEEN ANTIDIABETIC THERAPY ADHERENCE AND BLOOD GLUCOSE LEVELS ON QUALITY OF LIFE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT CIRACAS PUBLIC HEALTH CENTER

Cut Laila Nur Shabrina

Abstract

Type 2 Diabetes Mellitus (T2DM) requires long-term therapeutic adherence. Non-adherence and uncontrolled blood glucose levels may worsen patients' health conditions and significantly decrease their quality of life. This study aimed to determine the relationship between antidiabetic therapy adherence and blood glucose levels with the quality of life of Type 2 Diabetes Mellitus patients at Ciracas Public Health Center. This study used a quantitative approach with a cross-sectional design. A total of 53 respondents were selected using a consecutive sampling technique. Data were collected using the MMAS-8 instrument to assess medication adherence, the WHOQOL-BREF instrument to assess quality of life, and medical records to obtain fasting blood glucose levels. Data analysis was performed using the Spearman correlation test. The statistical analysis showed a significant positive relationship between therapy adherence and quality of life ($r = 0.527$; $p < 0.001$) and a very strong negative relationship between fasting blood glucose levels and quality of life ($r = -0.838$; $p < 0.001$). High therapy adherence and good blood glucose control were directly associated with improved quality of life in patients with Type 2 Diabetes Mellitus. Routine monitoring of blood glucose levels and continuous motivation are needed to maintain patients' adherence to treatment.

Keywords: Blood glucose levels, Quality of life, Therapy adherence, Type 2 diabetes mellitus.