

ABSTRAK

Diabetes merupakan suatu penyakit metabolik bersifat kronis yang dicirikan oleh kadar glukosa (atau gula darah) yang meningkat di dalam tubuh, yang pada perjalanannya dapat mengakibatkan kerusakan berat pada organ jantung, sistem pembuluh darah, mata, ginjal, serta saraf. Kadar gula darah sewaktu ≥ 200 mg/dL dapat menegaskan diagnosis apabila disertai gejala khas atau keadaan hiperglikemia akut. Tingkat kepatuhan minum obat antidiabetik mempengaruhi keberhasilan pengobatan Dm, tujuan dari penelitian ini untuk mengetahui hubungan antara kepatuhan dalam minum obat antidiabetik terhadap kadar glukosa darah sewaktu pada pasien Diabetes Melitus yang menjalani perawatan di Poliklinik Rawat Jalan Rumah Sakit Umum Habibullah. Jenis penelitian kuantitatif dengan metode deskriptif korelasi dengan pendekatan *cross sectional*. Metode penarikan sampel dalam penelitian ini pada 45 responden menerapkan pendekatan *non-probability sampling* secara spesifik melalui teknik *consecutive sampling*. Adapun instrumen pengukuran yang diterapkan dalam penelitian ini adalah kuesioner *Morisky Medication Adherence Scale-8* (MMAS-8). Data dianalisis menggunakan uji Rank Spearman. Kepatuhan minum obat antidiabetik dengan kadar gula darah sewaktu tingkat kepatuhan rendah sebanyak 10 responden (22.2%) dengan hasil GDS hiperglikemia (35.7%). Patuh sedang 9 responden (20%) dengan hasil GDS hiperglikemia (32.1%). Dan patuh tinggi 26 responden (57.8%) dengan hasil GDS hiperglikemia sebanyak 9 responden (32.1%) dan 17 responden (100.0%) dengan GDS normal. Nilai signifiansi atau sig. (2-tailed) / *P-value* sebesar $0,00 \leq 0,05$ maka artinya ada hubungan yang signifikan antara variabel kepatuhan minum obat antidiabetik dengan kadar gula darah sewaktu. Dengan kekuatan hubungan adalah 0,642 atau hubungan kuat. Kesimpulan kepatuhan minum obat antidiabetik sangat mempengaruhi hasil kadar gula darah sewaktu pada pasien diabetes melitus dipoliklinik Rsu Habibullah.

Kata Kunci: diabetes melitus, kadar gula darah sewaktu, kepatuhan minum obat

ABSTRACT

Diabetes is a chronic metabolic disease characterized by elevated glucose (or blood sugar) levels in the body, which in its course can cause severe damage to the heart, blood vessels, eyes, kidneys, and nerves. A random blood sugar level ≥ 200 mg/dL can confirm the diagnosis if accompanied by typical symptoms or acute hyperglycemia. The level of adherence to taking antidiabetic medication affects the success of DM treatment, the purpose of this study was to determine the relationship between adherence to taking antidiabetic medication and random blood glucose levels in Diabetes Mellitus patients undergoing treatment at the Outpatient Polyclinic of Habibullah General Hospital. This type of research is quantitative with a descriptive correlation method with a cross-sectional approach. The sampling method in this study on 45 respondents applied a specific non-probability sampling approach through a consecutive sampling technique. The measurement instrument applied in this study was the Morisky Medication Adherence Scale-8 (MMAS-8) questionnaire. Data were analyzed using the Spearman Rank test. Compliance with antidiabetic medication with random blood sugar levels was low in 10 respondents (22.2%), with hyperglycemic GDS results (35.7%). Compliance was moderate in 9 respondents (20%), with hyperglycemic GDS results (32.1%). Compliance was high in 26 respondents (57.8%), with hyperglycemic GDS results (9 respondents (32.1%), and with normal GDS results (17 respondents (100.0%). A significance value (sig., 2-tailed) / *P-value* of $0.00 \leq 0.05$ indicates a significant relationship between adherence to antidiabetic medication and random blood sugar levels. The strength of the relationship is 0.642, indicating a strong relationship. Conclusion: Compliance with antidiabetic medication significantly influences random blood sugar levels in diabetes mellitus patients at the Habibullah Hospital outpatient clinic.

Keywords: diabetes mellitus, random blood sugar levels, medication adherence