

ABSTRAK

**HUBUNGAN KEPATUHAN DAN KUALITAS HIDUP BERBASIS
HEALTH PROMOTION MODEL DAN INFORMATION MOTIVATION
BEHAVIOR TERHADAP PENDERITA DIABETES MELLITUS TIPE 2 DI
WILAYAH KERJA PUSKESMAS BLUTO**

Oleh : Arifatur Ratna Agustin

Penyakit diabetes merupakan penyakit kronis yang masih menjadi masalah dunia. Ketidakepatuhan dalam pengobatan dapat meningkatkan risiko gangguan kesehatan dan memperburuk kondisi. DM juga sangat mempengaruhi kualitas hidup karena diderita seumur hidup oleh penderita. Pengelolaan DM yang baik menentukan keberhasilan penderita DM. Tujuan penelitian ini adalah untuk mengetahui hubungan kepatuhan dan kualitas hidup berbasis *HPM* dan *IBM* terhadap penderita DM Tipe 2 Di Wilayah Kerja Puskesmas Bluto. Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *crosssectional*. Populasi dalam penelitian ini yaitu semua penderita DM tipe 2 di Kecamatan Bluto Kabupaten Sumenep sebanyak 234 orang. Teknik sampling menggunakan *proportional random sampling* dengan sampel sebanyak 69 responden dari 20 Desa. Analisa data menggunakan uji *Rank Spearman* dengan α 0,01. Hasil penelitian menunjukkan bahwa terdapat hubungan informasi dengan *perceived benefit* (ρ value = 0,000), *self efficacy* (ρ value = 0,000), kepatuhan (ρ value = 0,000), kualitas hidup (ρ value = 0,000). Terdapat hubungan motivasi dengan *perceived benefit* (ρ value = 0,000), *self efficacy* (ρ value = 0,000), kepatuhan (ρ value = 0,000), kualitas hidup (ρ value = 0,000). Terdapat hubungan *perceived benefit* dengan kepatuhan (ρ value = 0,000), kualitas hidup (ρ value = 0,000). Terdapat hubungan *self efficacy* dengan kepatuhan (ρ value = 0,000), kualitas hidup (ρ value = 0,000). Terdapat hubungan kepatuhan dengan kualitas hidup penderita DM tipe 2 (ρ value = 0,000). Tenaga kesehatan diharapkan untuk menjadi fasilitator dalam meningkatkan pengelolaan DM agar tetap berada pada kategori baik, baik itu dalam bentuk promotif, preventif, kuratif dan rehabilitatif.

Kata Kunci : DM, HPM, IMB, Kepatuhan, Kualitas Hidup

ABSTRACT***THE RELATIONSHIP BETWEEN COMPLIANCE AND QUALITY OF LIFE-BASED ON THE HEALTH PROMOTION MODEL AND INFORMATION MOTIVATION BEHAVIOR FOR PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE WORKING AREA OF THE BLUTO HEALTH CENTER***

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Diabetes is a chronic disease that is still a world problem. Non-adherence to medication can increase the risk of health problems and worsen the condition. DM also dramatically affects the quality of life because it is suffered for life by the sufferer. Good management of DM determines the success of DM sufferers. The study aims to determine the relationship between compliance and quality of life-based on HPM and IBM for patients with Type 2 DM in the working area of the Bluto Health Center. This study was an analytical observational research with a cross-sectional approach. The population in this study was all type 2 DM sufferers in Bluto District, Sumenep Regency, as many as 234 people. The sampling technique used proportional random sampling with 69 respondents from 20 villages. Data analysis used the Spearman Rank test with $\alpha = 0.01$. The results showed that there was a relationship between information and perceived benefit (ρ value = 0.000), self-efficacy (ρ value = 0.000), compliance (ρ value = 0.000), quality of life (ρ value = 0.000). There was a relationship between motivation and perceived benefit (ρ value = 0.000), self efficacy (ρ value = 0.000), compliance (ρ value = 0.000), and quality of life (ρ value = 0.000). There was a relationship between perceived benefits and compliance (ρ value = 0.000) and quality of life (ρ value = 0.000). There was a relationship between self-efficacy, adherence (ρ -value = 0.000), and quality of life (ρ value = 0.000). There was a relationship between compliance and quality of life of people with type 2 diabetes (ρ value = 0.000). Health workers are expected to be facilitators in improving DM management so that it remains in a good category, whether promotive, preventive, curative, or rehabilitative.

Keywords: Compliance, DM, HPM, IMB, Quality of Life