ABSTRAK

KEPATUHAN MINUM OBAT ANTI TUBERKULOSIS PADA PASIEN DEWASA TUBERKULOSIS PARU DI PUSKESMAS PUCANG SEWU SURABAYA

Oleh : Devi Nafisah Nur A'idah

Tuberkulosis (TBC) adalah penyakit menular yang hingga kini masih menjadi masalah kesehatan dunia, khususnya di negara-negara berkembang termasuk Indonesia. Ketidakpatuhan pasien dalam mengonsumsi obat secara teratur, yang dapat menyebabkan resistensi terhadap obat anti tuberkulosis, merupakan salah satu masalah dalam pengendaliannya. Penelitian ini bertujuan untuk mengetahui kepatuhan minum obat anti tuberkulosis pada pasien dewasa TB paru di Puskesmas Pucang Sewu Surabaya berdasarkan usia, jenis kelamin, tingkat pendidikan, pekerjaan, penghasilan, jenis kasus, fase pengobatan, efek samping, dan keberadaan PMO. Penelitian ini menggunakan desain deskriptif kuantitatif dengan sampel sebanyak 47 pasien dewasa TB paru yang diambil melalui teknik *consecutive sampling*. Data dikumpulkan menggunakan kuesioner MMAS-8 dan dianalisis secara deskriptif menggunakan tabulasi distribusi frekuensi dan tabulasi silang. Hasil penelitian menunjukkan bahwa sebagian besar pasien (83%) tergolong patuh, dan 17% tidak patuh. Persentase kepatuhan tertinggi ditemukan pada usia >60 tahun (100%), laki-laki (84%), pendidikan perguruan tinggi (100%), pekerjaan pegawai swasta (90%), penghasilan >Rp5.000.000 (100%), kasus baru (94%), fase pengobatan awal (87%), tanpa efek samping (89%), dan yang memiliki PMO (92%). Kepatuhan minum obat pasien dewasa TB paru tergolong patuh, namun ketidakpatuhan masih ditemukan terutama pada kelompok dengan pendidikan dan penghasilan rendah serta yang tidak memiliki PMO. Oleh karena itu, dibutuhkan edukasi berkelanjutan, pendampingan intensif, serta memastikan seluruh pasien memiliki PMO untuk mendukung keberhasilan terapi.

Kata Kunci : Kepatuhan, Obat Anti Tuberkulosis, Pasien Dewasa

ABSTRACT

MEDICATION ADHERENCE TO ANTI-TUBERCULOSIS DRUGS AMONG ADULT PULMONARY TUBERCULOSIS PATIENTS AT PUCANG SEWU PUBLIC HEALTH CENTER SURABAYA

By : Devi Nafisah Nur A'idah

Tuberculosis (TB) is a contagious disease that continues to be a global health concern, particularly in developing countries, including Indonesia. One of the challenges in controlling TB is patients' non-adherence to taking medication regularly, which can lead to resistance to anti-tuberculosis drugs. This study aimed to determine the level of adherence to anti-tuberculosis medication among adult pulmonary TB patients at Pucang Sewu Public Health Center, Surabaya, based on age, gender, education level, occupation, income, type of case, treatment phase, drug side effects, and the presence of a treatment supporter (PMO). A descriptive quantitative design was used with a total of 47 respondents selected through consecutive sampling. Data were collected using the Morisky Medication Adherence Scale (MMAS-8) questionnaire and analyzed descriptively using frequency distribution and cross-tabulation. The results showed that most patients (83%) were adherent, while 17% were non-adherent. The highest adherence rates were found in patients aged >60 years (100%), males (84%), those with higher education (100%), private employees (90%), income >Rp5,000,000 (100%), new TB cases (94%), in the initial phase of treatment (87%), those without side effects (89%), and patients with a treatment supporter (PMO) (92%). In conclusion, the overall adherence level among adult pulmonary TB patients was high. However, non-adherence still occurred, particularly among patients with lower education, lower income, and those without a treatment supporter (PMO). Continuous education, intensive support, and ensuring the availability of treatment supporters (PMO) are essential to improve treatment success.

Keywords: *Adherence, Anti-Tuberculosis Drugs, Adult Patients*