

**PENGUKURAN MOTIVASI SEBAGAI SALAH SATU
FAKTOR YANG MEMPENGARUHI KEPATUHAN PADA PASIEN
DIABETES MELLITUS TIPE 2 DI APOTEK "X" SURABAYA
SELAMA AGUSTUS 2008 – NOVEMBER 2008**

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ABSTRAK

Diabetes merupakan penyakit kronis dengan prevalensi tinggi. Terapi diabetes rumit serta memerlukan waktu seumur hidup sehingga diperlukan kepatuhan pasien dalam mencapai keberhasilan terapi, pada kenyataannya hanya sedikit yang patuh terhadap semua aspek terapinya. Kepatuhan ini dapat diukur melalui tingkat pengetahuan dan motivasi pasien. Motivasi dipengaruhi oleh kesiapan untuk berubah (*Willingness to change*) dan dukungan lingkungan (*social support*). Maka telah dilakukan penelitian mengukur tingkat motivasi menggunakan metode survei dan dianalisis secara deskriptif, untuk meneliti kecenderungan kepatuhan pada pasien diabetes mellitus yang membeli resep di Apotek "X" selama Agustus 2008-November 2008. Pengamatan dilakukan dengan menggunakan kuisioner *Readiness Ruler* dan *Duke-UNC Functional Social Support Questionnaire* (FSSQ). Dari seluruh pasien diabetes di Apotek "X", digunakan 23 pasien sebagai sampel dengan teknik *nonprobability purposive* sampling. Hasil yang didapatkan adalah bahwa pasien diabetes mellitus tipe 2 peserta di Apotek "X" memiliki tingkat motivasi yang tinggi untuk patuh.

Kata Kunci : Diabetes mellitus, *Adherence*, *Compliance*, *Patient motivation*, *Willingness to change*, *Social support*, *Peer support*, *Readiness Ruler*, *Functional Social Support Questionnaire*, CMAG.

**THE ASSESSMENT OF MOTIVATION LEVEL AS ONE OF FACTOR
THAT INFLUENCING PATIENT ADHERENCE OF TYPE 2 DIABETES
MELLITUS PATIENTS AT APOTEK "X"
DURING AGUST 2008 – NOVEMBER 2008**

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ABSTRACT

Diabetes mellitus is a chronic metabolic disease characterized by high blood glucose. Its prevalence is high incidence and rate of diabetes increases annually. Diabetes therapy is very complicated and needs therapy for a lifetime period, patient adherence to treatment is viewed as essential to good metabolic control. In fact, only few diabetic patients are fully adherent to all aspects of their treatment. Individual's knowledge and motivation toward drug therapy could significantly influence medication adherence. Motivation could be assessed through the willingness to change and social support. This study has measured the level of motivation in quantitative and qualitative studies. The participants were the patients who purchased their antidiabetic in "X" pharmacy from August 2008 to November 2008 and using 23 subjects as sample by purposive random sampling. This study used two types of tools, they are Readiness Ruler tool and Duke-UNC Functional Social Support Questionnaire tool. The result showed that the motivation level of type 2 diabetes mellitus patients at pharmacy "X" were high. Their willingness to change was high and almost all of them (95,65%) need social support to improve or maintain their adherence.

Kata Kunci : Diabetes mellitus, *Adherence, Compliance, Patient motivation, Willingness to change, Social support, Peer support, Readiness Ruler, Functional Social Support Questionnaire, CMAG.*