

**GAMBARAN KEPATUHAN MINUM OBAT PADA LANSIA PENDERITA
DIABETES MELLITUS DI WILAYAH KERJA
PUSKESMAS KAUMAN BARU**

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ABSTRAK

Diabetes Mellitus (DM) merupakan penyakit metabolik kronis yang prevalensinya terus meningkat, terutama pada kelompok lansia. Kepatuhan minum obat menjadi faktor kunci keberhasilan terapi untuk mencegah komplikasi serius. Tujuan penelitian ini untuk mengetahui gambaran kepatuhan minum obat pada lansia penderita diabetes mellitus di wilayah kerja Puskesmas Kauman Baru, serta mengidentifikasi karakteristik demografi responden yang meliputi usia, jenis kelamin, pendidikan, pekerjaan, dan lama menderita DM. Penelitian ini menggunakan desain deskriptif kuantitatif. Instrumen yang digunakan adalah kuesioner *Modified Morisky Medication Adherence Scale-8* (MMAS-8). Sampel berjumlah 30 responden yang diambil menggunakan teknik *Purposive Sampling*. Hasil penelitian ini menunjukkan sebagian besar merupakan responden lanjut usia yang berumur 60-74 tahun sebanyak 25 responden (50%), jenis kelamin perempuan sebanyak 22 responden (73%), pendidikan SD sebanyak 18 responden (60%), pekerjaan ibu rumah tangga sebanyak 13 responden (43%), dan lama menderita DM selama 1-5 tahun sebanyak 25 responden (83%). Hasil kepatuhan minum obat pada lansia penderita DM didapatkan sebagian besar pada kategori tinggi sebanyak 15 responden (50%). Kepatuhan ini kemungkinan disebabkan oleh beberapa faktor diantaranya adanya dukungan tenaga kesehatan dan keluarga, keaktifan responden mengikuti prolanis, dan adanya motivasi untuk menjaga kesehatan.

Kata Kunci : Kepatuhan Minum Obat, Lansia, Diabetes Mellitus

**DESCRIPTION OF MEDICATION ADHERENCE IN ELDERLY PEOPLE
WITH DIABETES MELLITUS AT THE KAUMAN BARU PUBLIC HEALTH
CENTER WORK AREA**

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ABSTRACT

Diabetes Mellitus (DM) is a chronic metabolic disease whose prevalence continues to increase, especially in the elderly. Medication adherence is a key factor in the success of therapy to prevent serious complications. The purpose of this study was to describe medication adherence in elderly people with diabetes mellitus in the working area of the Kauman Baru Community Health Center, as well as to identify the demographic characteristics of respondents including age, gender, education, occupation, and duration of DM. This study used a quantitative descriptive design. The instrument used was the Modified Morisky Medication Adherence Scale-8 (MMAS-8) questionnaire. A sample of 30 respondents was taken using a purposive sampling technique. The result of this study showed that most of the respondents were elderly aged 60-74 years (25 respondents) were female, 22 respondents (73%), 18 respondents (60%) were elementary school graduates, 13 respondents (43%) were housewives, and 25 respondents (83%) had suffered from DM for 1-5 years. The results of medication adherence in elderly people with DM were found to be mostly in the high category 15 respondents (50%). This compliance is caused by several factors, including support from health workers and family, respondents' active participation in Prolanis, and motivation to maintain health.

Keywords: Medication Compliance, Elderly, Diabetes Mellitus