# ANALYSIS OF DOMINANT FACTORS ASSOCIATED WITH MEDICATION ADHERENCE AMONG PATIENTS WITH CORONARY HEART DISEASE BASED ON THE HEALTH BELIEF MODEL AT DR. ISKAK GENERAL HOSPITAL TULUNGAGUNG

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## ABSTRACT

**Background:** Coronary heart disease (CHD) is one of the leading causes of mortality and requires long-term treatment to prevent recurrence and complications. Medication adherence plays a crucial role in determining therapeutic success; however, many patients remain inconsistent in taking their medications. The Health Belief Model (HBM) is applied to understand psychological factors influencing adherence, including perceived susceptibility, perceived severity, perceived benefits, perceived barriers, and cues to action. **Objective:** To identify the dominant factors associated with medication adherence among patients with CHD based on the Health Belief Model at Dr. Iskak Regional General Hospital, Tulungagung. **Methods:** This study employed a descriptive correlational design with a cross-sectional approach involving 100 patients with CHD selected through purposive sampling. Data were collected using an HBM questionnaire and the MMAS-8 questionnaire, and were analyzed using the Spearman Rank correlation test to determine the relationships among variables. **Results:** Significant relationships were found between perceived susceptibility ($p = 0.000$; $r = 0.755$), perceived benefits ($p = 0.000$; $r = 0.663$), and cues to action ($p = 0.000$; $r = 0.692$) with medication adherence. Meanwhile, perceived severity ($p = 0.960$) and perceived barriers ($p = 0.156$) showed no significant association. **Conclusion:** Perceived susceptibility was identified as the most dominant factor influencing medication adherence, as indicated by the highest correlation coefficient. Perceived susceptibility affects behavior by increasing individuals' awareness of their risk, thereby generating stronger motivation to engage in preventive actions. This sense of vulnerability enhances motivation and supports consistent medication adherence behavior.

Keyword: Adherence, Coronary heart disease, Health Belief Model