THE RELATIONSHIP BETWEEN ILLNESS PERCEPTION AND MEDICATION ADHERENCE AMONG PATIENTS WITH DIABETES MELLITUS BASED ON THE HEALTH BELIEF MODEL THEORY AT IHC LAVALETTE HOSPITAL

Dia Reza Nur Hidayati [1], Taufan Arif [2]

Sarjana Terapan Keperawatan Malang, Jl. Besar Ijen Kota Malang

Email: diareza04@gmail.com

ABSTRACT

Illness perception in patients with diabetes mellitus is a primary factor determining health discipline and health behaviors within the components of the Health Belief Model theory. Inaccurate understanding and self-beliefs regarding the illness can trigger patient non-adherence to long-term medication therapy. This study aimed to determine the relationship between illness perception and medication adherence among patients with diabetes mellitus at IHC Lavalette Hospital. This study employed a quantitative method with a cross-sectional design. Data were collected using consecutive sampling involving 120 respondents at the Internal Medicine Clinic of IHC Lavalette Hospital. Data collection used a diabetes illness perception questionnaire based on the Health Belief Model theory and the MMAS-8 questionnaire to measure medication adherence. Data were analyzed using the Spearman Rank correlation test. The results showed that the majority of respondents had a positive illness perception (76.7%), while medication adherence was predominantly at a moderate level (62.5%). The Spearman Rank test showed a significant relationship between illness perception and medication adherence, with a p-value of 0.000 and a correlation coefficient (r) of 0.513. There was a positive, moderate-strength relationship between illness perception and medication adherence among patients with diabetes mellitus at IHC Lavalette Hospital. The more positive the patient's illness perception, the higher the level of medication adherence.

Keywords: *Illness Perception, Medication Adherence, Health Belief Model*