

**FAKULTAS ILMU KESEHATAN UNIVERSITAS
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PROGRAM STUDI KESEHATAN MASYARAKAT
PEMINATAN PROMOSI KESEHATAN
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ABSTRAK

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**FAKTOR YANG BERHUBUNGAN DENGAN KETIDAKPATUHAN
MINUM OBAT PADA PASIEN TIPE 2 DALAM PERSPEKTIF HEALTH
BELIEF MODEL DI WILAYAH KERJA PUSKESMAS CIJATI
KABUPATEN CIANJUR 2025**

Diabetes Melitus tipe 2 merupakan penyakit kronis yang memerlukan kepatuhan tinggi dalam pengobatan untuk mencapai kontrol glikemik optimal. Namun, ketidakpatuhan minum obat masih menjadi masalah utama yang dapat meningkatkan risiko komplikasi dan beban kesehatan. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang berhubungan dengan ketidakpatuhan minum obat pada pasien Diabetes Melitus tipe 2 berdasarkan *Health Belief Model* (HBM) di wilayah kerja Puskesmas Cijati Kabupaten Cianjur tahun 2025. Populasi penelitian ini adalah seluruh pasien Diabetes Melitus tipe 2 yang menjalani pengobatan di Puskesmas Cijati. Sampel berjumlah 92 responden yang diambil dengan teknik *purposive* sampling. Variabel independen meliputi persepsi kerentanan, persepsi keparahan, persepsi manfaat, persepsi hambatan, efikasi diri, serta tindakan/isyarat bertindak, sedangkan variabel dependen adalah ketidakpatuhan minum obat. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square*. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara persepsi keparahan (OR=2,407; 95% CI: 1,011–5,726), persepsi manfaat (OR=2,846; 95% CI: 1,187–6,826), dan tindakan (OR=0,125; 95% CI: 0,048–0,326) dengan ketidakpatuhan minum obat. Upaya peningkatan kepatuhan dapat dilakukan melalui program edukasi terstruktur, meliputi konseling individual berbasis risiko, penyuluhan mengenai manfaat terapi, penyediaan media edukatif visual, dan pendampingan pengobatan untuk memperkuat persepsi kerentanan serta manfaat pengobatan.

Kata kunci: Diabetes Melitus Tipe 2, *Health Belief Model*, Ketidakpatuhan Minum Obat.

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ABSTRACT

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FACTORS ASSOCIATED WITH MEDICATION NONCOMPLIANCE IN TYPE 2 PATIENTS FROM THE PERSPECTIVE OF THE HEALTH BELIEF MODEL IN THE WORKING AREA OF THE CIJATI COMMUNITY HEALTH CENTER, CIANJUR REGENCY, 2025

Type 2 diabetes mellitus is a chronic disease that requires a high level of medication adherence to achieve optimal glycemic control. However, medication non-adherence remains a major problem that can increase the risk of complications and the overall health burden. This study aimed to analyze factors associated with medication non-adherence among patients with type 2 diabetes mellitus based on the Health Belief Model (HBM) in the working area of Cijati Community Health Center, Cianjur Regency, in 2025. The study population consisted of all patients with type 2 diabetes mellitus receiving treatment at Cijati Community Health Center. A total of 92 respondents were selected using purposive sampling. The independent variables included perceived susceptibility, perceived severity, perceived benefits, perceived barriers, self-efficacy, and cues to action, while the dependent variable was medication non-adherence. Data analysis was conducted using univariate and bivariate analyses with the chi-square test. The results showed significant associations between perceived severity (OR = 2.407; 95% CI: 1.011–5.726), perceived benefits (OR = 2.846; 95% CI: 1.187–6.826), and cues to action (OR = 0.125; 95% CI: 0.048–0.326) with medication non-adherence. Efforts to improve medication adherence can be implemented through structured educational programs, including risk-based individual counseling, education on the benefits of therapy, provision of visual educational media, and medication assistance to strengthen patients' perceived susceptibility and perceived benefits of treatment.

Keywords: *Health Belief Model, Medication Non-Adherence, Type 2 Diabetes Mellitus.*