

## Pengalaman ketidakpatuhan pasien terhadap penatalaksanaan diabetes melitus

Purba, Chandra Isabella H., author

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### Abstrak

Diabetes Melitus (DM) merupakan kelainan heterogen ditandai oleh kenaikan kadar glukosa darah. Penyakit ini bisa dikelola dengan mematuhi 4 pilar penatalaksanaan DM meliputi pendidikan kesehatan, perencanaan diet, latihan fisik dan minum obat OHO yang harus dipatuhi seumur hidup. Penelitian kualitatif dengan pendekatan fenomenologi, bertujuan menggali berbagai pengalaman ketidakpatuhan pasien terhadap penatalaksanaan DM. Delapan Partisipan dipilih sesuai kriteria dengan metoda convenience sampling di RSUPN Dr. CM Jakarta. Data dikumpulkan melalui wawancara mendalam yang dilengkapi catatan lapangan, direkam kemudian dibuat transkrip verbatim, selanjutnya dianalisis menggunakan metoda Collaizz. Hasil penelitian mengidentifikasi tujuh tema utama yaitu: makanan diit tidak menyenangkan, tidak memahami manfaat diit menyebabkan ketidakpatuhan, tidak memahami manfaat latihan fisik untuk penatalaksanaan DM, alasan usia sudah lanjut, keterbatasan fisik menyebabkan tidak melakukan latihan fisik, pemahaman yang salah tentang manfaat obat, gagal mematuhi minum obat karena alasan ekonomi. Penelitian menyimpulkan bahwa pasien DM tidak patuh terhadap penatalaksanaan DM dengan alasan terbanyak adalah karena tidak memahami manfaat penatalaksanaan DM. Hasil penelitian mengimplikasikan perlunya pemberian pendidikan kesehatan berkelanjutan khususnya di area keperawatan medikal bedah untuk meningkatkan kepatuhan pasien DM. Peneliti menyarankan perlunya peningkatan kemampuan perawat memberikan pendidikan kesehatan, merancang program untuk meningkatkan kepatuhan pasien dan penelitian lanjutan dengan fenomenologi untuk menggali kepatuhan masing-masing pilar secara khusus.....Diabetes Mellitus (DM) is a heterogeneous disorder with improvement of blood glucose. The disease can be treated by using 4 pillars of handling of DM. The pillars are health education, planning of diet, physical exercise, and the using of medicine which have to use for a lifetime. This qualitative study adopted phenomenological approach which goal was to explore various experiences of patient's non-adherence to the treatment of diabetes mellitus. Participants were selected according to certain criteria by using convenience method. Eight participants who participated in this study had experience of non-adherence to the treatment of diabetes mellitus in RSUPN Dr. CM Jakarta. Data were collected through in depth interview process in two phases and accompanied by field notes. The interview was recorded and converted in to verbatim transcript and then analysed by using Collaizz's method. The results identified seven major themes which consist of unhappiness diet, not understand about the benefit of diet which made non-adherence, not understand about the benefit of physical exercise for the treatment of diabetes mellitus, the age is old, physical disability makes patient didn't do physical exercise, incorrect understanding about the benefit of medicine, fail to adhere taking medicine because of economic's reason. This study concludes that the most reasons of patient's non-adherence to the treatment of diabetes mellitus is "not understand the benefit of adhering the treatment of diabetes mellitus". The results of this research give implication about the necessary of giving health education continuously, especially in medical surgical nursing area to improve the adherence of patient with diabetes mellitus. Researcher suggests the need of nursing skills

improvement about how to give a good health education, make a program to improve patient's adherence, and make other research to explore patient's adherence with 4 pilars specifically.