

# Hubungan Resiliensi ODHIV dengan Kepatuhan Minum ARV = Relationship between People Living with HIV Resilience and ARV Treatment Adherence

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## Abstrak

HIV (human immunodeficiency virus) merupakan virus yang menyerang sistem kekebalan tubuh sehingga mengharuskan penderitanya melakukan pengobatan Antiretroviral (ARV) sepanjang hidup penderitanya. Orang dengan HIV (ODHIV) mengalami banyak permasalahan sejak pertama kali terdiagnosis HIV positif, sehingga diperlukan resiliensi atau ketahanan pada diri ODHIV. Peneliti ingin melihat adanya hubungan antara resiliensi ODHIV dengan kepatuhan pengobatan ARV. Resiliensi diukur menggunakan kuesioner The Connor-Davidson Resilience Scale (CD-RISC) dan kepatuhan pengobatan ARV diukur dengan kuesioner Simplified Medication Adherence Questionnaire (SMAQ). Desain penelitian yang digunakan adalah deskriptif kuantitatif dengan pendekatan cross sectional. Sebanyak 107 responden di RSU Pengayoman Cipinang dipilih berdasarkan teknik purposive sampling. Hasil analisis menggunakan uji chi-square didapatkan bahwa terdapat hubungan yang signifikan secara statistic antara resiliensi ODHIV dengan kepatuhan pengobatan ARV ( $p < 0,05$ ). Tingkat resiliensi ODHIV berperan penting dalam menghadapi stres dan permasalahan yang terjadi selama pengobatan berlangsung, sehingga berdampak pada peningkatan kepatuhan pengobatan ARV.

.....HIV (human immunodeficiency virus) is a virus that attacks the immune system, requiring the sufferer to take Antiretroviral (ARV) treatment throughout their life. People living with HIV (PLWH) have experienced many problems since they were first diagnosed HIV positive, so resilience is needed. The researcher wanted to see the relationship between PLWH resilience and ARV treatment adherence. Resilience was measured using The Connor-Davidson Resilience Scale (CD-RISC) questionnaire and ARV treatment adherence was measured using the Simplified Medication Adherence Questionnaire (SMAQ). The research design used was descriptive quantitative with a cross sectional approach. A total of 107 respondents at RSU Pengayoman Cipinang were selected based on purposive sampling technique. The results of the analysis using the chi-square test showed that there was a statistically significant relationship between PLWH resilience and ARV treatment adherence ( $p < 0.05$ ). The level of resilience of PLWH plays an important role in dealing with stress and problems that occur during treatment, which has an impact on increasing ARV treatment adherence.