

Gambaran Faktor-Faktor yang Berhubungan dengan Kepatuhan Terapi Pencegahan Tuberkulosis di Wilayah Kota Depok = A Description of Factors Associated with Adherence to Tuberculosis Preventive Therapy in Depok City

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Abstrak

Cakupan pelaksanaan TPT di Indonesia, termasuk di Kota Depok, masih jauh dari target yang ditetapkan. Rendahnya cakupan ini menunjukkan pentingnya pemahaman dan analisis terhadap berbagai faktor yang memengaruhi kepatuhan masyarakat dalam menjalani TPT. Penelitian ini merupakan studi kuantitatif menggunakan desain deskripsi, dengan menggunakan metode purposive sampling dengan jumlah 95 responden di 11 Puskesmas wilayah Kota Depok. Berdasarkan hasil data penelitian, Usia dewasa tua sebanyak 60%, Perempuan 72,6%, Tingkat pendidikan menengah 66%, tidak bekerja/Ibu Rumah tangga 55,8%, pendapatan dibawah UMR 71,6%, mendapat penyuluhan dari tenaga kesehatan 94%, jarak ke puskesmas sekitar 1-5 km yaitu 44,2%, tidak ada efek samping terapi 59%, dan kepatuhan 100%. Faktor-faktor yang berhubungan dengan kepatuhan terapi pencegahan tuberkulosis meliputi Sociodemografik; Psikologis dan sosial; Pengetahuan; Aksesibilitas; efek samping obat; dan Kepatuhan. Keberhasilan program TPT akan dapat dioptimalkan jika pemberian perawatan memperhatikan faktor sociodemografik dari klien, meningkatkan dukungan keluarga, meningkatkan dukungan tenaga kesehatan. Peningkatan pengetahuan klien TPT akan dapat dioptimalkan dengan menyediakan media edukasi yang dapat meningkatkan pengetahuan klien mengenai tuberkulosis dan terapi pencegahan tuberkulosis.

.....The coverage of Tuberculosis Preventive Therapy (TPT) implementation in Indonesia, including in Depok City, remains far below the established targets. This low coverage highlights the importance of understanding and analyzing various factors that influence community adherence to TPT. This study employed a quantitative design with a descriptive approach, using purposive sampling involving 95 respondents from 11 Public Health Centers in Depok City. The study findings showed that 60% of respondents were older adults, 72.6% were female, 66% had a secondary education level, 55.8% were unemployed or housewives, and 71.6% had an income below the regional minimum wage. Additionally, 94% had received health education from healthcare workers, 44.2% lived within 1–5 km from the Puskesmas, 59% experienced no side effects from the therapy, and 100% demonstrated adherence to TPT. Factors associated with adherence to TPT include sociodemographic characteristics, psychological and social aspects, knowledge, accessibility, drug side effects, and adherence behavior. The success of the TPT program can be optimized by providing care that considers the clients' sociodemographic factors, enhancing family support, and strengthening healthcare provider support. Improvement of TPT clients knowledge can be further optimized by providing educational media that increase their understanding of tuberculosis and tuberculosis preventive therapy.