

ABSTRACT

THE RELATIONSHIP BETWEEN THE ROLE OF NURSES AS EDUCATORS WITH ADHERENCE TO TAKING MEDICATION IN PATIENTS WITH DIABETES MELLITUS TYPE 2 IN RSUD KOTA SABANG

Diabetes mellitus (DM) is a complex chronic disease caused by continuously elevated blood sugar levels due to insulin deficiency involving carbohydrate, protein and lipid metabolism and the development of microvascular and neurological complications. The purpose of this study was to determine the relationship between the role of nurses as educators with medication compliance in patients with type 2 diabetes mellitus. The type of research used is an analytic descriptive survey with a Cross Sectional design. The population in this study were all patients with type 2 diabetes mellitus at Sabang City Hospital, totaling 168 people. The technique of taking subjects using simple random sampling as many as 63 people. The instrument used in this study was a questionnaire to measure the role of nurses as educators and compliance with taking medication in patients with type 2 DM. The research data analysis was univariate and bivariate analysis with chi square test. The results showed that the majority of nurses' roles were sufficient as many as 33 people (52.4%) and the minority of nurses' roles were good as many as 12 people (19%). The majority of respondents were not compliant with taking medication as many as 34 people (54%) and the minority were compliant with medication as many as 19 people (45.2%). Based on the chi-square test, it was found that there was a relationship between the role of nurses as educators with adherence to taking medication in patients with diabetes mellitus ($p = 0.001$). The conclusion of this study is that there is a relationship between the role of nurses as educators with adherence to taking medication in patients with diabetes mellitus type 2.

Keywords: Nurse's role; educator; medication adherence; diabetes mellitus

ABSTRAK

HUBUNGAN PERAN PERAWAT SEBAGAI EDUKATOR DENGAN KEPATUHAN MINUM OBAT PADA PASIEN DIABETES MELITUS TIPE 2 DI RSUD KOTA SABANG

Diabetes Mellitus (DM) merupakan penyakit kronis kompleks yang disebabkan oleh meningkatnya kadar gula darah secara terus menerus karena defisiensi insulin yang melibatkan metabolisme karbohidrat, protein dan lipid serta berkembangnya komplikasi mikrovaskular dan neurologis. Tujuan penelitian ini adalah untuk mengetahui hubungan peran perawat sebagai edukator dengan kepatuhan minum obat pada pasien diabetes melitus tipe 2. Jenis penelitian yang digunakan adalah survei bersifat deskriptif analitik dengan rancangan *Cross Sectional*. Populasi dalam penelitian ini adalah seluruh pasien dengan penyakit DM tipe 2 di RSUD Kota Sabang sebanyak 168 orang. Teknik pengambilan subjek menggunakan *simple random sampling* sebanyak 63 orang. Instrumen yang digunakan dalam penelitian ini adalah kuesioner untuk mengukur peran perawat sebagai edukator dan kepatuhan minum obat pada pasien DM tipe 2. Analisa data penelitian adalah analisis univariat dan bivariat dengan uji chi square. Hasil penelitian menunjukkan mayoritas peran perawat cukup sebanyak 33 orang (52,4%) dan minoritas peran perawat baik sebanyak 12 orang (19%). Mayoritas responden tidak patuh minum obat sebanyak 34 orang (54%) dan minoritas patuh minum obat sebanyak 19 orang (45,2%). Berdasarkan uji chi square diperoleh hasil bahwa terdapat hubungan peran perawat sebagai edukator dengan kepatuhan minum obat pada pasien diabetes melitus ($p = 0,001$). Kesimpulan penelitian ini adalah terdapat hubungan peran perawat sebagai edukator dengan kepatuhan minum obat pada pasien diabetes melitus tipe 2.

Kata kunci: Peran perawat; edukator; kepatuhan minum obat; diabetes mellitus