

**PROGRAM STUDI S1 KEPERAWATAN
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INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**Analisis Kepatuhan Minum Obat Pada Pasien Diabetes Melitus Di Puskesmas
Umban Sari Pekanbaru**

xi + 43 Halaman + 8 Tabel + 2 Skema + 14 Lampiran

ABSTRAK

Diabetes melitus merupakan penyakit kronis yang membutuhkan pengelolaan jangka panjang, salah satunya melalui kepatuhan dalam mengonsumsi obat sesuai dengan anjuran tenaga kesehatan. Ketidakpatuhan minum obat dapat menyebabkan kadar glukosa darah sulit terkontrol dan meningkatkan risiko terjadinya komplikasi. Tujuan penelitian ini adalah untuk mengetahui tingkat kepatuhan minum obat pada pasien diabetes melitus di Puskesmas Umban Sari Pekanbaru tahun 2026. Desain Penelitian deskriptif. Teknik pengambilan sampel menggunakan purposive sampling dengan jumlah sampel sebanyak 65 responden. Instrumen yang digunakan adalah kuesioner *Adherence to Refills and Medications Scale* (ARMS-12). Analisis data yang digunakan adalah data univariat. Hasil penelitian menunjukkan bahwa karakteristik responden berdasarkan pekerjaan sebagian besar adalah ibu rumah tangga sebanyak 44 responden (67,7%), berdasarkan lama menderita diabetes melitus sebagian besar kurang dari 1 tahun, sedangkan berdasarkan riwayat keturunan sebagian besar tidak memiliki riwayat keturunan sebanyak 42 responden (64,6%). Tingkat kepatuhan minum obat pasien diabetes melitus sebagian besar berada pada kategori rendah sebanyak 38 responden (41,3%). Faktor penyebab kesibukan dan aktivitas sehari-hari, sehingga pengambilan dan konsumsi obat sering tertunda, sering lupa atau kurang teratur dalam mengingat jadwal obat, kehabisan obat dan menunda pengambilan obat, Sehingga dapat direkomendasikan pentingnya pengobatan dalam mengendalikan kadar glukosa darah, serta memberikan pengingat dan pemantauan kepatuhan minum obat, selain itu keterlibatan keluarga juga perlu ditingkatkan dalam memberikan dukungan mengingatkan pasien untuk mengonsumsi obat secara teratur sehingga dapat membantu meningkatkan kepatuhan dalam pengobatan.

Kata Kunci : Diabetes Melitus, Kepatuhan Minum Obat
Daftar Pustaka : 32 (2020-2026)

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Analysis of Medication Compliance in Diabetes Mellitus Patients at the Umban Sari Community Health Center, Pekanbaru

xi + 43 Page + 8 Table + 2 Schemes + 14 Attachments

ABSTRACT

Diabetes mellitus is a chronic disease that requires long-term management, one of which is through adherence to taking medication according to the recommendations of health workers. Non-compliance with taking medication can make blood glucose levels difficult to control and increase the risk of complications. The purpose of this study was to determine the level of medication adherence in diabetes mellitus patients at the Umban Sari Community Health Center in Pekanbaru in 2026. The research design was descriptive. The sampling technique used purposive sampling with a sample size of 65 respondents. The instrument used was the Adherence to Refills and Medications Scale (ARMS-12) questionnaire. Data analysis used univariate data. The results showed that the characteristics of respondents based on occupation were mostly housewives as many as 44 respondents (67.7%), based on the duration of diabetes mellitus most were less than 1 year, while based on family history most had no family history as many as 42 respondents (64.6%). The level of medication adherence in diabetes mellitus patients was mostly in the low category as many as 38 respondents (41.3%). Factors causing busyness and daily activities, so that taking and consuming medication is often delayed, often forgetting or being less regular in remembering medication schedules, running out of medication and delaying taking medication, So it can be recommended the importance of treatment in controlling blood glucose levels, as well as providing reminders and monitoring adherence to taking medication, in addition, family involvement also needs to be increased in providing support to remind patients to take medication regularly so that it can help improve adherence to treatment.

*Keywords : Diabetes Mellitus, Medication Compliance
References : 32 (2020-2026)*