

ABSTRAK

HUBUNGAN TINGKAT PENGETAHUAN DAN DUKUNGAN KELUARGA DENGAN KEPATUHAN MINUM OBAT PADA PASIEN GANGGUAN JIWA DI WILAYAH KERJA PUSKESMAS KUTUKAN

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Latar Belakang: Penderita gangguan jiwa atau Orang dengan Gangguan Jiwa (ODGJ) merupakan orang yang mengalami gangguan pikiran, perilaku, dan perasaan. Data penderita gangguan jiwa di Indonesia sebesar 13,4%, di Jawa Tengah sebesar 25% dan data di Kabupaten Blora mencapai 1.155 orang dengan data Puskesmas Kutukan sebanyak 214 orang. Penderita gangguan jiwa sering mengalami kekambuhan. Kepatuhan pengobatan selama rehabilitasi dalam keluarga ditentukan dari pengetahuan dan dukungan keluarga. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan dan dukungan keluarga dengan kepatuhan minum obat pada pasien gangguan jiwa di wilayah kerja Puskesmas Kutukan Kabupaten Blora.

Metode: Jenis penelitian korelasional analitik dengan desain *Cross Sectional*. Populasi keluarga pasien gangguan jiwa di Puskesmas Kutukan Kabupaten Blora. Teknik sampling dengan *total sampling* sehingga besar sampel sebanyak 34 responden. Analisa data dengan uji *Rank Spearman*.

Hasil: Tingkat pengetahuan paling banyak kategori baik 25 (73,5%). Dukungan keluarga paling banyak kategori baik 27 (79,4%). Kepatuhan minum obat paling banyak kategori patuh 22 (64,7%). Analisis korelasi pengetahuan dengan kepatuhan mendapatkan nilai $p < 0,000$ dan korelasi dukungan dengan kepatuhan mendapatkan nilai $p < 0,001$.

Simpulan: Terdapat hubungan positif antara pengetahuan dan dukungan keluarga dengan kepatuhan minum obat pada pasien gangguan jiwa di Wilayah Kerja Puskesmas Kutukan Kabupaten Blora dengan kekuatan hubungan yang kuat karena nilai $p < 0,05$. Disarankan untuk keluarga yang masih satu rumah dengan pasien gangguan jiwa dapat meningkatkan lagi pengetahuan dan dukungan.

Kata Kunci : Pengetahuan, dukungan, kepatuhan pengobatan, gangguan jiwa.

ABSTRACT

RELATIONSHIP BETWEEN KNOWLEDGE LEVEL AND FAMILY SUPPORT WITH COMPLIANCE IN TAKING MEDICATION IN PATIENTS WITH MENTAL DISORDERS IN THE WORKING AREA OF KUTUKAN COMMUNITY HEALTH CENTER

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Background: People with mental disorders or people with mental disorders (ODGJ) are people who experience disorders of thought, behavior and feelings. Data on people with mental disorders in Indonesia is 13.4%, in Central Java it is 25% and data in Blora Regency reaches 1,155 peoples with data from the Kutukan Health Center as many as 214 peoples. People with mental disorders often experience relapses. Treatment compliance during rehabilitation in the family is determined by family knowledge and support. This study aims to determine the relationship between the level of knowledge and family support and compliance with taking medication in mental disorder patients in the Kutukan Community Health Center working area, Blora Regency.

Method: The type of research is correlational analytic with a Cross Sectional design. The population is families of patients with mental disorders at Kutukan Health Center, Blora Regency. The sampling technique is with total sampling so that the sample size is 34 respondents. Data analysis using the Spearman Rank test. **Results:** The highest level of knowledge is in the good category 25 (73.5%). The highest level of family support is in the good category 27 (79.4%). The highest level of medication adherence is in the compliant category 22 (64.7%). The correlation analysis of knowledge with adherence obtained a p value of 0.000 and the correlation of support with adherence obtained a p value of 0.001.

Conclusion: There is a positive relationship between knowledge and family support with medication adherence in patients with mental disorders in the Kutukan Health Center Work Area, Blora Regency with a strong relationship because the p value <0.05. It is recommended for families who are still in the same house as patients with mental disorders to improve their knowledge and support.

Keywords: Knowledge, support, medication adherence, mental disorders.