

ABSTRAK

Nama : Noor Arida Sofiana
Program Studi : Magister Kesehatan Masyarakat
Judul : Faktor Determinan yang Berhubungan dengan Kepatuhan Minum Obat Fase Lanjut pada Pasien Tuberkulosis Paru di Rumah Sakit Annisa Cikarang

Latar Belakang : Tuberkulosis (TB) masih menjadi masalah kesehatan masyarakat global, dengan keberhasilan pengobatan yang sangat ditentukan oleh kepatuhan pasien dalam menyelesaikan terapi, terutama pada fase lanjut. Data Rumah Sakit Annisa Cikarang tahun 2024 menunjukkan bahwa sekitar 24% pasien TB paru mengalami putus obat pada fase lanjut, yang berpotensi meningkatkan risiko kegagalan terapi dan resistensi obat. **Tujuan :** Penelitian ini bertujuan untuk menganalisis faktor determinan yang berhubungan dengan kepatuhan minum obat fase lanjut pada pasien TB paru di Rumah Sakit Annisa Cikarang.

Metode : Penelitian ini menggunakan desain kuantitatif analitik dengan pendekatan cross-sectional. Data dikumpulkan melalui kuesioner pada 113 pasien TB paru fase lanjut dan dianalisis menggunakan regresi logistik. **Hasil Penelitian :** Hasil penelitian menunjukkan bahwa 78,8% responden patuh terhadap pengobatan. Analisis bivariat menunjukkan bahwa persepsi, sikap, *self-efficacy*, dukungan PMO, dan dukungan tenaga kesehatan berhubungan signifikan dengan kepatuhan, sedangkan pengetahuan, jarak, dan akses layanan tidak berhubungan signifikan. Analisis multivariat menunjukkan bahwa faktor yang berpengaruh signifikan terhadap kepatuhan adalah jenis kelamin ($p=0,037$), *self-efficacy* ($p=0,010$), dan persepsi akses layanan ($p=0,003$), dengan *self-efficacy* sebagai faktor paling dominan ($OR=25,233$). **Rekomendasi :** Hasil penelitian ini menunjukkan bahwa kepatuhan pasien TB fase lanjut lebih dipengaruhi oleh faktor psikologis, khususnya *self-efficacy*, serta didukung oleh akses layanan kesehatan. Oleh karena itu, intervensi peningkatan kepatuhan perlu difokuskan pada penguatan *self-efficacy* melalui pembentukan pengalaman keberhasilan pasien, pendampingan berkelanjutan oleh PMO dan tenaga kesehatan, serta optimalisasi akses layanan kesehatan guna mendukung keberlangsungan pengobatan.

Kata kunci: tuberkulosis paru, kepatuhan, *self-efficacy*, PMO, TB-DOTS

ABSTRACT

Name: Noor Arida Sofiana

Study Program: Master of Public Health

Title: *Determinant Factors Associated with Medication Adherence in the Continuation Phase among Pulmonary Tuberculosis Patients at Annisa Cikarang Hospital*

Background : Tuberculosis (TB) remains a major global public health problem, with treatment success highly dependent on patient adherence, particularly during the continuation phase. Data from Annisa Hospital in 2024 indicated that approximately 24% of pulmonary TB patients discontinued treatment during this phase, increasing the risk of treatment failure and drug resistance. **Objective :** This study aimed to analyze the determinant factors associated with medication adherence during the continuation phase among pulmonary tuberculosis patients at Annisa Cikarang Hospital. **Methods :** A quantitative analytic study with a cross-sectional design was conducted. Data were collected using structured questionnaires from 113 pulmonary TB patients in the continuation phase and analyzed using logistic regression. **Results :** The results showed that 78.8% of respondents were adherent to treatment. Bivariate analysis indicated that perception, attitude, self-efficacy, PMO (treatment supporter) support, and healthcare worker support were significantly associated with medication adherence, whereas knowledge, distance, and access to healthcare services were not significantly associated. Multivariate analysis revealed that gender ($p=0.037$), self-efficacy ($p=0.010$), and perceived access to healthcare services ($p=0.003$) were significant predictors of adherence. Among these, self-efficacy was identified as the most dominant factor ($OR=25.233$). **Conclusion :** The findings of this study indicate that adherence to treatment in the continuation phase of TB is more strongly influenced by psychological factors, particularly self-efficacy, and is further supported by access to healthcare services. Therefore, interventions to improve adherence should focus on strengthening patients' self-efficacy through the development of mastery experiences, continuous support from treatment supervisors (PMO) and healthcare providers, as well as optimizing access to healthcare services to ensure treatment continuity.

Keywords: *pulmonary tuberculosis, medication adherence, self-efficacy, PMO, TB-DOTS*