

Abstrak

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Hubungan Kompleksitas Regimen Obat Dengan *Diabetes Burnout Syndrome* Pada Pasien Diabetes Mellitus Tipe-2 Di RS Citra Husada Jember

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xvii + 92 Halaman + 3 Gambar + 19 Tabel + 16 Lampiran

Abstrak

Kompleksitas regimen obat merupakan ukuran kuantitatif dari kesulitan yang dialami pasien dalam melaksanakan terapi farmakologis. *Diabetes burnout syndrom* digambarkan seperti kondisi kelelahan emosional dan mental yang disebabkan oleh beban pengelolaan penyakit diabetes secara terus-menerus, ditandai dengan perasaan lelah, frustrasi, dan putus asa. Penelitian ini bertujuan menganalisis hubungan kompleksitas regimen obat dengan DBS pada pasien DM tipe-2. Sampel berjumlah 50 pasien yang diambil dengan teknik purposive sampling. Alat ukur yang digunakan adalah kuesioner MRCI dan DBS. Hasil univariat menunjukkan sebagian besar pasien (82%) memiliki kompleksitas regimen obat kategori sedang, dan 56% pasien mengalami DBS kategori sedang. Analisis Uji Spearman Rank Correlation menunjukkan adanya hubungan signifikan antara kompleksitas regimen obat dengan DBS ($p=0,023$; $r=0,322$), yang berarti hubungan positif dengan kekuatan lemah. Kompleksitas regimen obat berkontribusi terhadap diabetes burnout syndrome, namun bukan satu-satunya faktor penentu.

Kata Kunci: Diabetes Mellitus Tipe-2, Kompleksitas Regimen Obat, *Diabetes Burnout Syndrome*, MRCI

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Abstract

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Relationship Between Medication Regimen Complexity and Diabetes Burnout Syndrome in Type 2 Diabetes Mellitus Patients at Citra Husada Jember Hospital

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xvii + 92 Pages + 3 Figure + 19 Tables + 16 Appendices

Abstract

Medication regimen complexity is a quantitative measure of difficulty experienced by patients in carrying out pharmacological therapy. Diabetes burnout syndrome is described as a condition of emotional and mental exhaustion caused by continuous burden of diabetes self-management, characterized by feelings of fatigue, frustration, and hopelessness. This study aimed to analyze relationship between drug regimen complexity and DBS in type-2 DM patients at RS Citra Husada Jember. A sample of 50 patients was selected using purposive sampling, and data were collected using Medication Regimen Complexity Index (MRCI) and Diabetes Burnout Scale (DBS). Univariate results showed that the majority of patients (82%) had moderate drug regimen complexity, while 56% experienced moderate DBS. Spearman Rank Correlation test revealed a significant positive correlation between drug regimen complexity and DBS ($p = 0.023$; $r = 0.322$), indicating a positive relationship with weak strength. Medication regimen complexity contributes to diabetes burnout syndrome, but it is not the only determining factor.

Keywords: Type 2 Diabetes Mellitus, Medication Regimen Complexity, Diabetes Burnout Syndrome, MRCI

References 46 (1984-2026)