

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juli 2026
Halimatus Sakdiyah

Hubungan Self Care Management dengan Kepatuhan Minum Obat pada Pasien Tuberkulosis Resisten Obat di Poli TBRO RSUD Blambangan Banyuwangi

Xviii + 116 Lembar + Daftar Pustaka 33 + 11 Tabel + 18 Lampiran + 3 Gambar

Abstrak

Latar Belakang: Tuberkulosis Resisten Obat (TBRO) adalah masalah kesehatan utama di Indonesia. *Self care management* dibutuhkan untuk meningkatkan kepatuhan minum obat jangka panjang. **Metode:** Penelitian kuantitatif *cross-sectional* melibatkan 57 pasien TB RO di Poli TBRO RSUD Blambangan Banyuwangi tahun 2026. Data dikumpulkan menggunakan kuesioner *self care management* (27 item) dan Morisky Medication Adherence Scale (MMAS-8). Analisis menggunakan uji Spearman Rank. **Hasil:** 77,2% responden memiliki *self care management* baik, 82,5% patuh minum obat. Analisis *bivariat* menunjukkan hubungan bermakna antara *self care management* dengan kepatuhan minum obat ($p < 0,05$). **Pembahasan:** Kemampuan *self care management* berhubungan signifikan dengan kepatuhan pengobatan TB RO. Hasil ini mengkonfirmasi teori *self care* Orem bahwa manajemen diri yang baik meningkatkan perilaku patuh. Rekomendasi mencakup intensifikasi edukasi kesehatan terstruktur, keterlibatan keluarga, dan pengembangan intervensi keperawatan berbasis *self care management* untuk meningkatkan kesuksesan terapi TB RO.

Kata Kunci: Kepatuhan Minum Obat, *Self Care Management*, Tuberkulosis Resisten Obat, TBRO

Daftar Pustaka: (2017 – 2025)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Thesis, July 2026
Halimatus Sakdiyah

The Relationship between Self Care Management and Medication Adherence in Drug-Resistant Tuberculosis Patients at TB RO Clinic RSUD Blambangan Banyuwangi

Xviii + 116 Sheet + Bibliography 33 + 11 Table + 18 Attachment + 3 Picture

Abstract

Background: Drug-resistant tuberculosis (DR-TB) is a major public health problem in Indonesia. Self care management is needed to improve long-term medication adherence. **Method:** A quantitative cross-sectional study involved 57 DR-TB patients at TB RO Clinic RSUD Blambangan Banyuwangi in 2026. Data were collected using a self care management questionnaire (27 items) and Morisky Medication Adherence Scale (MMAS-8). Analysis used Spearman Rank test. **Results:** 77.2% of respondents had good self care management, 82.5% were adherent. Bivariate analysis showed a significant relationship between self care management and medication adherence ($p < 0.05$). **Discussion:** Self care management ability is significantly related to DR-TB treatment adherence. This result confirms Orem's self care theory that good self-management improves adherence behavior. Recommendations include intensification of structured health education, family involvement, and development of nursing interventions based on self care management to improve DR-TB therapy success.

Keywords: Medication Adherence, Self Care Management, Drug-resistant tuberculosis, DR-TB

Bibliography: (2017 – 2025)