

## INTISARI

**Latar Belakang :** Prevalensi penyakit kronis seperti diabetes melitus di Daerah Istimewa Yogyakarta meningkat dengan angka 4,5%. Upaya untuk meningkatkan kepatuhan pengobatan membutuhkan pemahaman yang baik terhadap *medication related burdens* yang dapat dinilai menggunakan *Living with Medicine Questionnaire* (LMQ) sebagai alat ukur. Pentingnya memiliki alat ukur yang *valid* dan *reliabel* agar informasi yang diperoleh dari pengukuran tersebut akurat, konsisten dan dapat diandalkan.

**Tujuan :** Penelitian ini bertujuan untuk melakukan uji validitas dan uji realibilitas kuesioner LMQ untuk mengukur *medication related burdens* kedalam konteks Indonesia.

**Metode :** Penelitian ini menggunakan pendekatan kuantitatif dengan rancangan *cross-sectional*. Metode sampling diambil secara *convenience sampling* pada rentang Januari–April 2023 terhadap 112 responden pasien diabetes melitus di 10 puskesmas di Daerah Istimewa Yogyakarta. Pengumpulan data menggunakan kuesioner LMQ yang telah ditranslasi ke Bahasa Indonesia. Analisis data menggunakan analisis psikometri berupa uji validitas dan reliabilitas.

**Hasil dan Pembahasan :** Untuk hasil uji validitas menggunakan *content validity*, *criterion-related validity* dan *known-group validity*. Pada *content validity* sudah dilakukan diskusi bersama para ahli. Hasil *criterion validity* menunjukkan korelasi linier negatif sempurna ( $p\text{-value} < 0,001$ ), sehingga dapat disimpulkan terdapat hubungan signifikan negatif. Pada uji *known-group validity* terdapat perbedaan secara statistik dalam rata-rata skor total LMQ tergantung pada jumlah obat yang digunakan, frekuensi minum obat setiap hari, usia, status pekerjaan, dan kebutuhan dukungan pengelolaan obat. Terdapat hubungan signifikan antara tingkat pendidikan dan skor LMQ dengan  $p\text{-value}$  0,037. Hasil uji reliabilitas dari *cronbach's  $\alpha$*  adalah 0,822 dengan tidak mengikutsertakan 1 item pertanyaan.

**Kesimpulan :** Penelitian ini menyimpulkan bahwa kuesioner LMQ *valid* dan *reliable* digunakan di Daerah Istimewa Yogyakarta untuk mengukur beban penggunaan obat pada kelompok masyarakat dengan penyakit diabetes melitus. Hasil skoring kuesioner LMQ memberikan respon tidak terbebani dalam pengobatan diabetes melitus dan respon patuh dalam pengobatan.

**Kata kunci:** *Living With Medicine Questionnaire*, *Medication Related burden*, Diabetes Mellitus, Validasi, Realibilitas

## ABSTRACT

**Background:** The prevalence of chronic diseases such as diabetes mellitus in the Special Region of Yogyakarta has increased by 4.5%. Efforts to improve treatment adherence require a good understanding of medication-related burdens. To assess medication-related burden, the Living with Medicine Questionnaire (LMQ) can be used as a measurement tool. It is important to have a valid and reliable measurement tool to ensure that the information obtained from the measurement is accurate, consistent, and dependable.

**Objective:** This study aims to test the validity and reliability of the Living with Medicines Questionnaire in measuring medication-related burdens within the context of Indonesia.

**Method:** This study employed a quantitative approach with a cross-sectional design. Convenience sampling method was used to select 112 respondents who were diabetic patients from January to April 2023 at 10 health centers in the Special Region of Yogyakarta. Data collection was conducted using the LMQ questionnaire that had been translated into Bahasa Indonesia. Data analysis involved psychometric analysis, specifically validity and reliability testing.

**Results and Discussion:** The validity testing included content validity, criterion-related validity, and known-group validity. Content validity was assessed through discussions with experts. Criterion validity showed a perfect negative linear correlation ( $p\text{-value} < 0.001$ ), indicating a significant negative relationship. Known-group validity revealed statistically significant differences in the mean total scores of LMQ based on the number of medications used, frequency of medication intake per day, age, employment status, and the need for medication management support. There is a significant relationship between education level and LMQ scores with a  $p\text{-value}$  of 0,037. The reliability test using Cronbach's  $\alpha$  coefficient yielded a value of 0.822 after excluding one questionnaire item.

**Conclusion:** This study concludes that the LMQ questionnaire is valid and reliable for use in measuring the medication-related burden among individuals with diabetes mellitus in the Special Region of Yogyakarta. The scoring of the LMQ questionnaire indicates that respondents do not feel burdened in their diabetes medication management and show adherence to their treatment.

**Keywords:** Living With Medicine Questionnaire; Medication Related burden, Diabetes Mellitus, Validation, Reliability