

INTISARI

Hipertensi merupakan penyebab utama kematian dini di seluruh dunia. Di Indonesia prevalensi hipertensi sebesar 34,11% dengan masalah utama rendahnya tingkat kepatuhan. Rendahnya kepatuhan dapat disebabkan oleh adanya beban pengobatan (*medication-related burden*) yang berasal dari kesulitan menjalani rutinitas minum obat, karakteristik obat, pengalaman efek samping atau efek yang tidak dikehendaki, permasalahan dari sistem pelayanan kesehatan, dan permasalahan sosial lain yang berdampak pada pengobatan. Hal tersebut menunjukkan bahwa upaya untuk meningkatkan kepatuhan pengobatan membutuhkan pemahaman yang baik terhadap *medication related burdens*. Beberapa kuesioner telah dikembangkan untuk mengukur beban pengobatan salah satunya *Living With Medicine Questionnaire* (LMQ). Di Indonesia kuesioner ini belum diadaptasikan. Penelitian ini bertujuan untuk melakukan analisis psikometri validitas dan reliabilitas LMQ versi Bahasa Indonesia terhadap pasien hipertensi di Daerah Istimewa Yogyakarta (DIY).

Penelitian dilakukan dengan rancangan non-eksperimental menggunakan desain *cross-sectional*. Pengambilan data pasien hipertensi dilakukan di 10 Puskesmas di DIY menggunakan kuesioner demografi, LMQ, dan *Probabilistic Medication Adherence Scale* (ProMAS) selama periode Desember-April 2023. Analisis data meliputi uji validitas (*Content Validity*, *Criterion-related validity* dan *Known group validity*) dan uji reliabilitas (*Internal Consistency*).

Jumlah responden yang didapat sebanyak 125 pasien dan 114 pasien termasuk kriteria inklusi. Uji *Content Validity* telah dilakukan bersama pengembang kuesioner para ahli di bidang Farmasi Sosial dan menyatakan kuesioner telah sesuai makna aslinya. Uji *Criterion-related validity* menunjukkan korelasi negatif sempurna antara Skor LMQ dan Skor ProMAS ($p\text{-value} < 0,001$) yang menunjukkan semakin tinggi beban pengobatan semakin rendah kepatuhannya. Uji *Known group validity* belum dapat menunjukkan perbedaan signifikan antara skor LMQ dengan tiap sub-kelompok karakteristik responden yang mungkin disebabkan minimnya variasi pada tingkat beban pengobatan responden. Uji reliabilitas dengan *Cronbach's α* menghasilkan nilai 0,842 yang menunjukkan kuesioner LMQ termasuk sangat reliabel. Penelitian ini menyimpulkan kuesioner LMQ versi Bahasa Indonesia dapat dinyatakan valid dan reliabel terhadap pasien hipertensi di DIY.

Kata Kunci: *Living With Medicine Questionnaire* (LMQ), *medication-related burden*, hipertensi, validitas, reliabilitas

ABSTRACT

Hypertension is the leading cause of premature death worldwide. In Indonesia, the prevalence of hypertension is 34.11% with the main problem of low adherence. Low adherence can be caused by the presence of medication-related burden stemming from the difficulty of undergoing a routine of taking medication, drug characteristics, experience of side effects or unwanted effects, problems from the health care system, and other social problems that have an impact on treatment. This suggests that efforts to improve medication adherence require a good understanding of medication related burdens. Several questionnaires have been developed to measure medication burden, one of which is the Living With Medicine Questionnaire (LMQ). In Indonesia, this questionnaire has not been adapted. This study aims to conduct a psychometric analysis of the validity and reliability of the Indonesian version of LMQ for hypertensive patients in the Special Region of Yogyakarta (DIY).

The study was conducted with a non-experimental design using a cross-sectional design. Data collection of hypertensive patients was carried out at 10 health centers in Yogyakarta using demographic questionnaires, LMQ, and Probabilistic Medication Adherence Scale (ProMAS) during the period December-April 2023. Data analysis included validity testing (Content Validity, Criterion-related validity and Known group validity) and reliability testing (Internal Consistency).

The number of respondents obtained was 125 patients and 114 patients included the inclusion criteria. Content Validity test was conducted with the questionnaire developers who are experts in the field of Social Pharmacy and stated that the questionnaire was in accordance with the original meaning. Criterion-related validity test showed a perfect negative correlation between LMQ Score and ProMAS Score ($p\text{-value} < 0.001$) indicating the higher the treatment burden the lower the compliance. Known group validity test could not show significant differences between LMQ scores and each sub-group of respondents' characteristics which may be due to the lack of variation in the level of respondents' medication burden. Reliability test with Cronbach's α resulted in a value of 0.842 which indicates the LMQ questionnaire is highly reliable. This study concluded that the Indonesian version of the LMQ questionnaire can be declared valid and reliable for hypertensive patients in Yogyakarta.

Keywords: Living With Medicine Questionnaire (LMQ), medication-related burden, hypertension, validity, reliability.