

INTISARI

Latar belakang : Sekitar 450 juta jiwa (0,85%) penduduk dunia mengalami gangguan jiwa. Skizofrenia berada di peringkat ke empat setelah depresi unipolar, alkoholik, dan gangguan bipolar. Di Indonesia prevalensi gangguan jiwa baik ringan maupun berat sebesar 18,5%. Selanjutnya hasil survey di beberapa rumah sakit didapatkan prevalensi skizofrenia 0,05-0,15%. Di Kabupaten Aceh Barat Daya jumlah penderita skizofrenia tahun 2006-2008 sebanyak 148 orang. Sampai saat ini penyakit skizofrenia masih menjadi masalah kesehatan di Kabupaten Aceh Barat Daya.

Tujuan : Mengidentifikasi hubungan dukungan sosial dengan kepatuhan minum obat penderita skizofrenia di Kabupaten Aceh Barat Daya.

Metode : Penelitian ini merupakan penelitian kuantitatif dengan rancangan *cross-sectional* mengambil wilayah penelitian di Kabupaten Aceh Barat Daya, pada bulan Juni 2009 sampai dengan Januari 2010. Populasi adalah penderita skizofrenia yang dirawat oleh dokter general *practice plus* di seluruh puskesmas di Kabupaten Aceh Barat Daya. Sampel diambil secara total sampel (*sampling total*) dari penderita skizofrenia yang sedang menjalani pengobatan. Data yang dikumpulkan menggunakan *Social Support Questionnaire* (SSQ) dan *Medication Adherence Rating Scale* (MARS). Analisis data menggunakan uji *chi-square* dan regresi logistik.

Hasil : Analisis bivariat menunjukkan bahwa terdapat hubungan yang signifikan antara dukungan sosial (OR=3,12 dan $p=0,002$), kepuasan dukungan sosial (OR=5,31 dan $p=0,000$), jumlah dukungan emosional (OR=2,95 dan $p=0,003$), kepuasan dukungan emosional (OR=3,02 dan $p=0,004$), kepuasan dukungan instrumental (OR=2,27 dan $p=0,028$), jumlah dukungan informasi (OR=2,55 dan $p=0,011$), kepuasan dukungan informasi (OR=4,21 dan $p=0,000$), status perkawinan (OR=2,27 dan $p=0,040$) dan tingkat pendidikan (OR=2,97 dan $p=0,037$) dengan kepatuhan minum obat penderita skizofrenia. Analisis multivariat menunjukkan variabel yang paling dominan berkontribusi terhadap kepatuhan minum obat penderita skizofrenia adalah kepuasan dukungan sosial (OR=6,14 dan $p=0,000$), kepuasan dukungan instrumental (OR=3,79 dan $p=0,002$), tingkat pendidikan (OR=3,49 dan $p=0,021$) dan dukungan emosional (OR=2,79 dan $p=0,012$).

Kesimpulan : Kepuasan dukungan sosial merupakan variabel yang paling berpengaruh terhadap kepatuhan minum obat penderita skizofrenia di Kabupaten Aceh Barat Daya.

Kata kunci : Kepatuhan minum obat, dukungan sosial, skizofrenia

ABSTRACT

Background: Approximately 450 million individuals (0.85%) suffer from schizophrenia worldwide. Schizophrenia is 4th after *unipolar* depression, alcoholic, and bipolar diseases. In Indonesia, prevalence of light and heavy schizophrenia was 18.5%, survey from among hospitals indicated that prevalence of schizophrenia was founded 0.05-0.15%. In the Southern-West Aceh (Aceh Barat Daya) District, the number of patients schizophrenia, in 2008, were 148 patients. Current schizophrenia still become health problem in the Southern-West Aceh District.

Objectives: To identify correlation between social support and the compliance with drug administration of patients who diagnose schizophrenia in the Southern-West Aceh District.

Methods: We conduct quantitative research with *cross-sectional* design, research location at Southern-West Aceh District from June, 2009 until January, 2010. The respondents were patients who diagnose schizophrenia by general practice plus at public health centre the Southern-West Aceh District. We use *total sampling* from the patients with treated schizophrenia. The data of research were collected by using *Social Support Questionnaire* (SSQ) and *Medication Adherence Rating Scale* (MARS) 2008. Data analyzed by using *chi-square* test and logistic regression.

Results: The *bivariate* result analysis indicated that there was significant correlation between social support (OR=3.12 with p=0.002), satisfaction for social support (OR=5.31 with p=0.000), total emotional supports (OR=2.95 with p=0.003), satisfaction for emotional support (OR=3.02 with p=0.004), satisfaction for instrumental support (OR=2.27 with p=0.028), total information supports (OR=2.55 with p=0.011), satisfaction for information support (OR=4.21 with p=0.000) marital status (OR=2.27 with p=0.040) and educational level (OR=2.97 with p=0.037) with compliance drug administration of patients with schizophrenia. Multivariate analysis result indicated the most dominant variables contributing to compliance drug administration was satisfaction for social support (OR=6.14 with p=0.000), satisfaction for instrumental support (OR=3.79 with p=0.002), education level (OR=3.49 with p=0.021) and emotional support (OR=2.79 with p=0.012).

Conclusion: Satisfaction for social support is become the mostly affecting compliance variable with drug administration of patients with schizophrenia in the Southern-West Aceh District.

Keywords: *compliance with drug administration, social support, schizophrenia.*