

**KORELASI DUKUNGAN KELUARGA DENGAN KEPATUHAN  
MINUM OBAT PASIEN SKIZOFRENIA DI WILAYAH  
KERJA PUSKESMAS GALANG  
KABUPATEN TOLITOLI**

**SKRIPSI**



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FAKULTAS KESEHATAN  
UNIVERSITAS WIDYA NUSANTARA  
2024**

## PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi berjudul “korelasi antara dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia di wilayah kerja Puskesmas Galang kecamatan Galang kabupaten Tolitoli” adalah benar karya saya dengan arahan dari pembimbing dan belum diajukan dalam bentuk apa pun kepada perguruan tinggi mana pun. Sumber informasi yang berasal atau dikutip dari karya yang diterbitkan maupun tidak diterbitkan dari penulis lain telah disebutkan dalam teks dan dicantumkan dalam daftar pustaka di bagian akhir skripsi ini.

Dengan ini saya melimpahkan hak cipta skripsi saya kepada Universitas Widya Nusantara.



Palu, Agustus 2024

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# **Korelasi Dukungan Keluarga Dengan Kepatuhan Minum Obat Pasien Skizofrenia di Wilayah Kerja Puskesmas Galang Kabupaten Toli-Toli**

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## **ABSTRAK**

**Latar Belakang:** Kepatuhan minum obat bagi pasien skizofrenia merupakan salah satu faktor penentu kesembuhan dan kembalinya pasien skizofrenia untuk hidup sebagaimana mestinya, namun terkadang banyak pasien yang tidak patuh dalam menjalani terapi. Salah satu penyebab pasien tidak melakukan terapi adalah kurangnya dukungan dari keluarga.

**Metode:** Desain penelitian yang digunakan adalah kuantitatif analitik dengan pendekatan cross sectional yang dilakukan pada saat tertentu, dan teknik analisis dengan menggunakan korelasi Kendall tau-b. Jumlah populasi dalam penelitian ini adalah 51 keluarga yang memiliki anggota keluarga dengan diagnosis medis skizofrenia selama tiga bulan terakhir di wilayah kerja Puskesmas Galang, dan sampel yang digunakan adalah sampel jenuh yaitu mengambil semua populasi menjadi sampel.

**Hasil:** Hasil penelitian menunjukkan bahwa sebanyak 21 (77,8%) responden yang memberikan dukungan cukup, memiliki anggota keluarga yang menderita skizofrenia dan patuh minum obat, dan sebanyak 6 (22,2%) responden yang memberikan dukungan cukup namun memiliki anggota keluarga yang menderita skizofrenia memiliki kepatuhan minum obat yang rendah. Sedangkan sebanyak 8 (34,8%) responden yang memberikan dukungan kurang tetapi memiliki anggota keluarga yang menderita skizofrenia tetap patuh dalam minum obat, sebanyak 15 (65,2%) responden yang memberikan dukungan kurang pada anggota keluarganya yang menderita skizofrenia dan kurang patuh dalam minum obat. Hasil uji korelasi kendali tau-b didapatkan nilai  $p\text{-Value} = 0,002 \leq \alpha = 0,05$  dan nilai koefisien korelasi Kendall tau-b = 0,0434.

**Kesimpulan:** Terdapat hubungan antara dukungan keluarga dengan kepatuhan minum obat pada pasien skizofrenia di wilayah kerja Puskesmas Galang Kabupaten Toli-Toli.

**Saran:** Bagi pihak Puskesmas Galang agar lebih banyak memberikan informasi kepada keluarga pasien skizofrenia mengenai pentingnya dukungan keluarga bagi kesembuhan pasien skizofrenia.

**Kata Kunci:** Dukungan Keluarga, Kepatuhan Minum Obat, Skizofrenia: Dukungan Keluarga, Kepatuhan Minum Obat Skizofrenia

**CORRELATION OF FAMILY SUPPORT WITH MEDICATION ADHERENCE  
OF SCHIZOPHRENIA PATIENT IN THE GALANG PUBLIC HEALTH CENTER  
WORKING AREA  
TOLITOLI REGENCY**

Jusdarmantoh, Elifa Ihda Rahmayanti, Nelky Suriawanto  
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**ABSTRACT**

**Background:** The adherence of taking medication for schizophrenia patients is one of the determining factors for recovery and the return of schizophrenia patients to live as they should, but sometimes many patients are not obey to therapy. One of the reasons why patients do not perform the therapy such as lack of family support.

**Methods:** The research design used was quantitative analytic with a cross-sectional approach that conducted at a certain time, and the analysis technique by using the kendall tau-b correlation. The total of population in this study were 51 families who had relatives with a medical diagnosis of schizophrenia during the last three months in the working area of the Galang Public Health Center, and the sample used was saturation sampling which took all the population into the sample.

**Results:** It was found that about 21 (77.8%) respondents who provided sufficient support, had family member who suffered from schizophrenia and were adheren in taking medication, and about 6 (22.2%) respondents who provided sufficient support but their family member who had schizophrenia were poor adheren in taking medication. Meanwhile, about 8 (34.8%) respondents who provide less support but have family member who suffer from schizophrenia are still adheren in taking medication, about 15 (65.2%) respondents who provide less support to their family member who suffer from schizophrenia and less aderen in taking medication. The results of the kendall tau-b correlation test obtained a  $p\text{-value} = 0.002 \leq \alpha = 0.05$  and the value of the kendall tau-b correlation coefficient = 0.0434.

**Conclusion:** There is a correlation between family support and adherence in taking medication for schizophrenia patients in the Galang Public Health Center working area, Toli-Toli Regency.

**Suggestion:** For the Galang Public Health Center to provide more information to families of schizophrenia patients regarding the importance of family support for the recovery of schizophrenia patients.

**Keywords:** Family Support, Adherence in Taking Schizophrenia Medication



**HALAMAN JUDUL**

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MINUM OBAT PASIEN SKIZOFRENIA DI WILAYAH  
KERJA PUSKESMAS GALANG  
KABUPATEN TOLITOLI**

**SKRIPSI**

Diajukan Sebagai Persyaratan Memperoleh Gelar Sarjana pada Program  
Studi Ilmu Keperawatan Universitas Widya Nusantara



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2024**

## LEMBAR PENGESAHAN

# KORELASI DUKUNGAN KELUARGA DENGAN KEPATUHAN MINUM OBAT PASIEN SKIZOFRENIA DI WILAYAH KERJA PUSKESMAS GALANG KABUPATEN TOLITOLI

## SKRIPSI

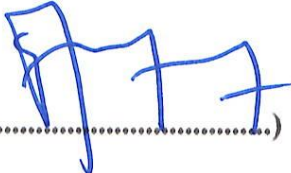
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## **PRAKATA**

Puji dan syukur penulis panjatkan kepada Allah SWT atas segala karunia-Nya sehingga skripsi ini berhasil diselesaikan. Tak lupa penulis berterima kasih kepada kedua orang tua kepada ayah saya Busran . dan nama ibu saya Darna, istri saya Salma, S.Kep Ns, dan anak tercinta saya Muhammad Thawaaf Nisyam, dan Zerrin Attaya Busran yang selalu memberikan doa, kasih sayang, serta dukungan baik moral dan material kepada penulis.

Penelitian ini dilaksanakan sejak bulan Juli sampai Agustus 2024 dengan judul “korelasi antara dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia di wilayah kerja Puskesmas Galang kecamatan Galang kabupaten Tolitoli”

Dalam menyelesaikan penulisan skripsi ini, penulis telah banyak menerima bimbingan, bantuan, dorongan, arahan dan doa dari berbagai pihak. Oleh karena itu, pada kesempatan ini penulis ingin menyampaikan rasa terima kasih kepada:

1. Widyawaty Situmorang, B.Sc., M.Sc, selaku Ketua Yayasan Widya Nusantara
2. Dr. Tigor H.Situmorang, M.H., M.Kes., selaku Rektor Universitas Widya Nusantara
3. Arfiah, S.S.T, M.Keb, Selaku Dekan Fakultas Kesehatan Universitas Widya Nusantara Palu
4. Ns. I Made Rio Dwijayanto, M.Kep selaku Ketua Prodi Ners Universitas Widya Nusantara
5. Ns. Elifa Ihda Rahmayanti, M.Kep selaku pembimbing I yang telah memberikan masukan dan dukungan moral dalam penyusunan skripsi ini.
6. Nelky Suriawanto, S.Si., M.Si selaku pembimbing II yang telah memberikan bimbingan dan saran dalam perbaikan skripsi ini.
7. Ns. Siti Yartin, M.Kep selaku penguji utama yang telah memberikan kritik dan saran untuk perbaikan skripsi ini.
8. Zunaidi, S.Si. sebagai kepala UPT Puskesmas Galang atas bantuan dan kerja samanya sehingga penelitian ini dapat terselesaikan sesuai waktu yang telah ditetapkan.

9. Responden di UPT Puskesmas Galang yang telah berkontribusi dalam penelitian yang dilaksanakan
10. Saudara saya (Sri Gusmawaty, S.P M.P dan Muhammad Tri Febriansyah Busran, S.T) yang telah memberikan motivasi untuk tetap kuat menyelesaikan skripsi ini
11. Spesial kepada rekan-rekan seangkatan kelas non reguler Tolitoli yang saya banggakan, yang telah banyak memberikan suport mulai dari awal menempuh pendidikan di universitas Widya Nusantara sampai terselesaikannya tugas akhir ini.
12. Semua pihak yang tidak dapat penulis sebutkan satu persatu yang telah membantu penulis dalam menyelesaikan skripsi ini.

Penulis menyadari bahwa skripsi ini masih jauh dari kesempurnaan. Penulis mengharapkan saran dan kritik yang bersifat membangun demi perbaikan skripsi ini. Semoga skripsi ini memberikan manfaat bagi kemajuan ilmu pengetahuan, khususnya dibidang keperawatan.

Palu ,     Agustus 2024



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# **BAB I**

## **PENDAHULUAN**

### **A. Latar Belakang**

Skizofrenia adalah gangguan mental kronis yang ditandai dengan pikiran yang terdistorsi, persepsi, emosi dan perilaku yang tidak wajar (World Health Organization, 2022). Kebanyakan pengobatan diberikan pada pasien rawat jalan, namun pasien dengan skizofrenia mungkin memerlukan rawat inap karena eksaserbasi (Keparahan) gejala yang disebabkan oleh ketidakpatuhan terhadap farmakoterapi (Frankenburg, 2021).

Dukungan dan pengobatan dapat membantu mengurangi dampak kondisi ini terhadap kehidupan sehari-hari (National Health Service, 2023). Negara-negara maju salah satunya Amerika telah menerapkan program perawatan khusus terkoordinasi (KT) yang merupakan program berfokus pada pemulihan untuk orang-orang dengan psikosis episode pertama, suatu tahap awal skizofrenia. Penyedia layanan kesehatan dan spesialis bekerja sama sebagai satu tim untuk memberikan KT, yang mencakup psikoterapi, pengobatan, manajemen kasus, dukungan pekerjaan dan pendidikan, serta pendidikan dan dukungan keluarga (National Institute of Mental Health, 2023).

Tim pengobatan bekerja secara kolaboratif dengan individu untuk membuat keputusan pengobatan, sebanyak mungkin melibatkan anggota keluarga. Dibandingkan dengan perawatan biasa, KT lebih efektif dalam mengurangi gejala, meningkatkan kualitas hidup, dan meningkatkan keterlibatan dalam pekerjaan atau sekolah penderita (National Institute of Mental Health, 2023). Dukungan keluarga memainkan peran penting dalam kesehatan dan kesejahteraan orang-orang yang hidup dengan skizofrenia. Keluarga juga harus mandiri dan berpengetahuan luas (Torres, n.d.).

Menurut World Health Organization (WHO) 2022 , prevalensi skizofrenia secara global adalah sekitar 20 juta orang. Penelitian yang dilakukan di Ethiopia timur menunjukkan bahwa sekitar 44,57% dari total populasi mengalami ketidakpatuhan pengobatan antipsikotik mereka (Mohammed et al., 2024). Dari 110 pasien yang didiagnosis dengan skizofrenia atau gangguan

skizoafektif menurut kriteria ICD-10, yang secara berurutan dirawat di Unit Pasien Akut di Rumah Sakit Universitas Insular Gran Canaria, Kepulauan Canaria, Spanyol didapatkan sebanyak 58,2% (68) pasien mengalami ketidakpatuhan terhadap terapi antipsikotik (Acosta et al., 2023). Di Amerika Serikat satu dari tiga obat yang diresepkan tidak pernah diambil oleh pasien (Danerson et al., 2020).

Sebagian Besar pasien skizofrenia yang dirawat jalan di rumah sakit jiwa Prof. dr. Ildrem Medan memiliki tingkat kepatuhan minum obat sedang (Siregar & Nuralita, 2018). Pasien di desa Kersamanah yang mengalami skizofrenia memiliki kepatuhan yang sangat rendah, ini terbukti dari 33 responden terdapat sebanyak 30 responden yang kepatuhan minum obatnya sangat rendah (Hidayati dkk, 2023). Dari 198 pasien yang telah didata di Poli Mental Puskesmas Kecamatan Kali Deres terdapat 160 (80,8%) pasien skizofrenia yang tidak patuh minum obat (Susanti dkk, 2022).

Salah satu faktor yang mempengaruhi kepatuhan minum obat pada pasien skizofrenia adalah dukungan keluarga. Hal ini ditunjukkan pada penelitian yang menyatakan bahwa semakin besar dukungan keluarga maka semakin patuh pasien dalam minum obat (Rindayati dkk, 2021). Dukungan keluarga memainkan peran penting dalam memastikan bahwa pasien dengan gangguan jiwa mematuhi regim pengobatan mereka. Biasanya, individu dengan gangguan jiwa kesulitan dalam mengatur dan memahami jadwal pengobatan mereka. Oleh karena itu, sangat penting bagi keluarga untuk memberikan bimbingan dan arahan untuk membantu pasien dalam meminum obat secara konsisten dan akurat (Karmila dkk, 2016).

Berbagai inisiatif telah dilakukan untuk meningkatkan kepatuhan pengobatan di antara individu dengan skizofrenia. Undang-undang 18 tahun 2014 tentang kesehatan mental merupakan langkah signifikan untuk mengurangi kejadian skizofrenia, dengan fokus pada pencegahan kambuhan. Peran suportif keluarga, ditunjukkan melalui sikap positif terhadap pasien, memainkan peran penting dalam mendukung kepatuhan pengobatan skizofrenia (Presiden Republik Indonesia, 2014).

Data yang didapatkan dari riset dasar kesehatan nasional menunjukkan bahwa di Indonesia terdapat sebanyak 282.654 jiwa yang mengalami gangguan jiwa skizofrenia/psikosis (Tim Riskesdas, 2019). Di Sulawesi Tengah, Terdapat 5.828 jiwa penderita skizofrenia, sedangkan di kabupaten Tolitoli sebanyak 446 jiwa mengalami gangguan skizofrenia (Tim Riskesdas, 2019). Laporan dari Puskesmas Galang menunjukkan bahwa dalam satu tahun terakhir terdapat 51 kasus skizofrenia, di antaranya adalah 32 orang laki-laki dan 19 orang perempuan (Data Primer PKM Galang, 2023). Dari beberapa penelitian terkait hubungan dukungan keluarga dengan kepatuhan minum obat skizofrenia, belum ada yang membahas terkait kekuatan dan arah hubungan dukungan keluarga terhadap kepatuhan minum obat skizofrenia, kebanyakan hanya melihat apakah ada hubungan atau tidak.

Berdasarkan hasil penelusuran saat pengambilan data awal bahwa dukungan keluarga terhadap pengobatan pasien skizofrenia di wilayah kerja Puskesmas Galang Kecamatan Galang Kabupaten Tolitoli kurang, hal ini ditunjukkan dari jumlah kunjungan pasien yang mengambil obat dan jumlah keluarga yang menemani pasien untuk mengambil obat di Puskesmas Galang Kecamatan Galang Kabupaten Tolitoli tercatat dari 51 kasus hanya 30 di antaranya yang datang tepat waktu untuk mengambil obat, dan sebagainya lagi datang mengambil obat ketika keluarga mengalami ke kambuhan. Dari 30 orang yang datang mengambil obat, hanya 20 orang yang ditemani oleh keluarganya dan selebihnya datang sendiri. Peneliti mewawancarai 10 orang dari 20 orang yang datang sendiri terkait keberadaan keluarga mereka, ke-10 orang tersebut memiliki jawaban yang sama dengan mengatakan bahwa keluarga mereka sibuk. Kemudian saat pengambilan data awal, peneliti juga wawancarai keluarga pasien skizofrenia yang ditemui terkait kepatuhan pasien minum obat di rumah, rata-rata jawaban dari mereka adalah pasien lupa minum obat jika tidak diingatkan, serta keluarga bersama pasien tidak memberikan obat jika gejala tidak muncul. Sesuai dengan uraian dan masalah yang telah dipaparkan di atas maka peneliti tertarik untuk mengangkat judul “korelasi dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia di Puskesmas Galang” dengan metode korelasional.



## **B. Rumusan Masalah**

Berdasarkan latar belakang yang telah diuraikan di atas maka rumusan masalah dari penelitian ini adalah: Apakah ada korelasi antara dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia di wilayah kerja Puskesmas Galang kecamatan Galang kabupaten Tolitoli.

## **C. Tujuan Penelitian**

### **1. Tujuan umum**

Penelitian ini bertujuan untuk mengetahui korelasi dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia di wilayah kerja Puskesmas Galang Kecamatan Galang Kabupaten Tolitoli.

### **2. Tujuan khusus**

- a. Teridentifikasi dukungan keluarga pada pasien skizofrenia di wilayah kerja Puskesmas Galang Kecamatan Galang Kabupaten Tolitoli.
- b. Teridentifikasi kepatuhan minum obat pasien skizofrenia di wilayah kerja Puskesmas Galang Kecamatan Galang Kabupaten Tolitoli.
- c. Teranalisis korelasi dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia di wilayah Puskesmas Galang Kecamatan Galang Kabupaten Tolitoli.

## **D. Manfaat Penelitian**

### **1. Bagi institusi pendidikan/ilmu pengetahuan**

Sebagai referensi tambahan mengenai korelasi dukungan keluarga dengan kepatuhan minum obat pasien skizofrenia.

### **2. Bagi Masyarakat**

Menambah informasi dan pengetahuan kepada keluarga tentang betapa pentingnya dukungan keluarga dalam mendampingi pasien skizofrenia dalam meminum obat.

### **3. Bagi Instansi Tempat Penelitian**

Hasil dari penelitian ini diharapkan bisa menjadi acuan kepada puskesmas untuk melakukan tindakan kolaboratif dengan semua lini termasuk melibatkan keluarga dalam mendampingi pasien skizofrenia selama proses recovery khususnya dalam kontrol minum obat.

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