

HUBUNGAN TINGKAT PENGETAHUAN DAN SIKAP DENGAN KEPATUHAN TERAPI ANTIRETROVIRAL (ARV) PASIEN HIV/AIDS DI RSUP Dr. KARIADI, SEMARANG

Arumdipta Ginitri
Program Studi Farmasi

ABSTRAK

Latar belakang: Antiretroviral ialah obat yang diminum pasien HIV/AIDS untuk meningkatkan kualitas hidup pasien. Kepatuhan terapi (>95%) dibutuhkan untuk mencapai supresi virologis, serta mencegah resistensi, kegagalan terapi, dan kematian. Faktor yang mempengaruhi kepatuhan ialah tingkat pengetahuan dan sikap.

Tujuan: Mengetahui adanya hubungan antara tingkat pengetahuan dan sikap dengan kepatuhan terapi ARV pasien HIV/AIDS di RSUP Dr. Kariadi, Semarang.

Metode: Penelitian observasional analitik dengan desain penelitian *cross-sectional* menggunakan kuesioner, metode pengambilan sampel menggunakan teknik *purposive sampling*. Kuesioner kepatuhan menggunakan MARS-5, kuesioner pengetahuan dan sikap pasien disusun peneliti, dan dilakukan uji validitas dan reliabilitas. Analisis univariat dengan tabel distribusi frekuensi, dan analisis bivariat dengan uji *Chi-Square*.

Hasil: Tingkat pengetahuan responden baik sebesar 88,30%, dan kurang sebesar 11,70%. Sikap responden baik sebesar 96,81%, dan kurang sebesar 3,19%. Kepatuhan responden tinggi sebesar 65,96%, dan rendah sebesar 34,04%. Terdapat hubungan antara tingkat pengetahuan ($p=0,028$) dan sikap ($p=0,014$) dengan kepatuhan terapi ARV.

Kesimpulan: Tingkat pengetahuan mayoritas pasien HIV/AIDS di RSUP Dr. Kariadi Semarang yang menerima ARV baik, sikap mayoritas pasien baik, dan kepatuhan mayoritas pasien tinggi. Terdapat hubungan antara tingkat pengetahuan dan sikap dengan kepatuhan terapi ARV pasien HIV/AIDS di RSUP Dr. Kariadi Semarang.

Kata kunci: Pengetahuan, Sikap, Kepatuhan, HIV, Terapi ARV

**RELATIONSHIP BETWEEN KNOWLEDGE LEVELS AND
ATTITUDES WITH ADHERENCE TO ANTIRETROVIRAL
(ARV) THERAPY OF HIV/AIDS PATIENTS IN RSUP Dr.
KARIADI, SEMARANG**

**Arumdipta Ginitri
Pharmacy Program**

ABSTRACT

Background: ARVs are drugs that PLWHA take to enhance quality of life. Therapy adherence (>95%) is required to attain virologic suppression, prevent resistance, therapy failure, and death. Factors affecting adherence are the level of knowledge and attitude.

Objective: To determine the relationship between knowledge level and attitude with adherence to ARV therapy of HIV/AIDS patients at RSUP Dr. Kariadi, Semarang.

Methods: Analytical observational research with cross-sectional design using questionnaires, sampling method using purposive sampling. Adherence questionnaire using MARS-5, knowledge and attitude questionnaires were developed by the researcher, and validity and reliability tests were carried out. Univariate analysis using frequency distribution table, and bivariate analysis using Chi-Square test.

Results: The level of knowledge of respondents was good at 88.30%, and poor at 11.70%. The attitude was good at 96.81%, and poor at 3.19%. The compliance was high at 65.96%, and low at 34.04%. There is a relationship between knowledge level ($p=0.028$) and attitude ($p=0.014$) with ARV therapy adherence.

Conclusion: The knowledge level of HIV/AIDS patients at RSUP Dr. Kariadi, Semarang who received ARVs was majority good, the attitude was majority good, and adherence was majority high. There is a relationship between the level of knowledge and attitude with adherence to ARV therapy for HIV/AIDS patients at Dr. Kariadi, Semarang.

Keywords: Knowledge, Attitude, Adherence, HIV, ARV Therapy