

ABSTRAK

HUBUNGAN *SELF ACCEPTANCE* DENGAN KEPATUHAN PENGOBATAN ARV PADA ODHIV DALAM PERSPEKTIF TEORI *SELF CARE* OREM DI LAYANAN PDP PUSKESMAS GEDONGAN KOTA MOJOKERTO

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Kepatuhan pengobatan ARV sangat penting dalam menjaga kestabilan sistem imun dan mencegah progresivitas penyakit pada ODHIV, namun faktor psikologis seperti *self acceptance* diduga turut memengaruhi perilaku kepatuhan pasien. Penelitian ini bertujuan untuk mengetahui hubungan *self acceptance* dengan kepatuhan pengobatan ARV pada ODHIV. Desain penelitian ini menggunakan analitik korelasi dengan pendekatan *cross sectional*. Populasi penelitian adalah semua ODHIV di layanan PDP Puskesmas Gedongan Kota Mojokerto pada bulan April 2026 sebanyak 35 orang. Teknik sampling menggunakan consecutive sampling sehingga didapatkan sampel 31 orang. Instrumen penelitian menggunakan *Berger's Self Acceptance Scale* (BSAS) dan *Probabilitic Medication Adherence Scale* (ProMAS). Analisis data menggunakan uji *Spearman Rho*. Hasil penelitian menunjukkan bahwa sebagian besar responden mempunyai *self acceptance* rendah yaitu 17 orang (54,8%), dan kepatuhan pengobatan ARV dalam kategori sedang tinggi yaitu 19 orang (61,3%). Hasil Uji *Spearman Rho* didapatkan $p \text{ value} = 0,001$ atau kurang dari $\alpha = 0,05$ yang berarti bahwa H_0 ditolak dan H_1 diterima, artinya ada hubungan yang kepatuhan minum obat dengan kepatuhan Pengobatan ARV pada ODHIV dalam perspektif teori self care Orem di Layanan PDP Puskesmas Gedongan Kota Mojokerto. Nilai koefisien korelasi = 0,588, yang artinya kekuatan hubungan antar variabel dalam kategori sedang dan arah hubungan positif yaitu semakin tinggi *self acceptance*, maka semakin tinggi kepatuhan pengobatan ARV. ODHIV yang memiliki *self acceptance* tinggi cenderung lebih mampu menjalankan *self care* secara mandiri, termasuk mematuhi pengobatan ARV secara teratur, sebagaimana dijelaskan dalam Teori *Self Care* Orem.

Kata kunci: *self acceptance*, kepatuhan, ARV, ODHIV

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-ACCEPTANCE AND ARV TREATMENT ADHERENCE AMONG PLWHA FROM THE PERSPECTIVE OF OREM'S SELF-CARE THEORY AT THE HIV CARE SERVICES OF GEDONGAN PUBLIC HEALTH CENTER, MOJOKERTO CITY

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Adherence to antiretroviral (ARV) treatment is very important in maintaining immune system stability and preventing disease progression among People Living with HIV/AIDS (PLWHA). Psychological factors such as self-acceptance are also suspected to influence patients' adherence behavior. This study aimed to determine the relationship between self-acceptance and ARV treatment adherence among PLWHA. This study used a correlational analytic design with a cross-sectional approach. The population consisted of all PLWHA at the HIV Care Services of Gedongan Public Health Center, Mojokerto City, in February 2026, totaling 35 people. The sampling technique used consecutive sampling, resulting in 31 respondents. The research instruments used were the Berger's *Self Acceptance Scale* (BSAS) and the Probabilistic Medication Adherence Scale (ProMAS). Data were analyzed using the *Spearman Rho* test. The results showed that most respondents had low self-acceptance, namely 17 people (54.8%), and ARV treatment adherence in the moderate-high category, namely 19 people (61.3%). The results of the *Spearman Rho* test showed a p-value of 0.001, which is less than $\alpha = 0.05$, indicating that H_0 was rejected and H_1 was accepted. This means that there is a significant relationship between self-acceptance and adherence to ARV treatment among people living with HIV (PLHIV) from the perspective of Orem's Self-Care Theory at the PDP Service of Gedongan Public Health Center, Mojokerto City. The correlation coefficient was 0.588, indicating a moderate strength of association with a positive direction. This suggests that higher levels of self-acceptance are associated with higher adherence to ARV treatment. PLHIV who possess greater self-acceptance tend to be more capable of performing self-care independently, including maintaining regular adherence to ARV therapy, as explained by Orem's Self-Care Theory.

Keywords: self-acceptance, adherence, ARV, PLWHA