

**ANALISIS DUKUNGAN KELUARGA TERHADAP KEPATUHAN
PENGOBATAN PENDERITA HIV DI KOTA PARIAMAN**

TESIS

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Analisis Dukungan Keluarga terhadap Kepatuhan Pengobatan Penderita HIV di Kota Pariaman

xiii + 142 Hal + 18 Tabel + 3 Bagan + 1 Gambar + 15 Lampiran

ABSTRAK

Kepatuhan minum obat merupakan kunci keberhasilan terapi antiretroviral (ARV). Capaian target global *three zero* yaitu 95% ODHIV mengetahui statusnya, menjalani pengobatan ARV dan tersupresi virusnya belum tercapai di Provinsi Sumatera Barat (69-85-64) maupun Kota Pariaman (72-57-51). Penelitian ini bertujuan menganalisis dukungan keluarga terhadap kepatuhan pengobatan penderita HIV di Kota Pariaman menggunakan metode *mix method sequential explanatory*. Sebanyak 54 responden dipilih secara *accidental sampling* dan melibatkan 8 informan yang dilaksanakan dari bulan April sampai dengan Juni 2025 dengan variabel dependen kepatuhan pengobatan ARV dan variabel independen yaitu dukungan emosional, informasional, instrumental dan penghargaan. Hasil penelitian menunjukkan sebanyak 72,2% responden patuh terhadap pengobatan hal ini menunjukkan tingkat kepatuhan dibawah target. Dari hasil penelitian juga didapatkan responden dengan dukungan emosional baik (42,6%), dukungan informasional baik (51,9%), dukungan instrumental baik (51,9%) dan dukungan penghargaan baik (57,4%). Hal ini menunjukkan masih ada penderita HIV yang belum mendapat dukungan keluarga yang baik. Terdapat hubungan bermakna antara dukungan emosional, informasional, instrumental dan penghargaan terhadap kepatuhan pengobatan penderita HIV dengan faktor dominan adalah dukungan informasional (OR =19,674) dan dukungan penghargaan (OR =5,155). Penerimaan, peran dan bentuk dukungan keluarga berperan penting dalam meningkatkan kepercayaan diri dan motivasi penderita HIV dalam menjalani pengobatan. Disarankan kepada Dinas Kesehatan, fasilitas layanan kesehatan dan konselor HIV untuk meningkatkan dukungan keluarga melalui penguatan layanan, edukasi dan pendampingan guna menunjang kepatuhan pengobatan penderita HIV.

Kata kunci : kepatuhan pengobatan, dukungan keluarga, pengobatan ARV ,
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Daftar pustaka : 65 (2002-2023)

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**Analysis Of Family Support For Treatment Adherence For HIV Patients In
Pariaman City**

xiii + 142 pages + 18 tables + 3 Bagan + 1 Picture + 15 appendices

ABSTRACT

Medication adherence is key to successful antiretroviral (ARV) therapy. The global three zero target of 95% of people living with HIV (PLHIV) knowing their status, undergoing ARV treatment, and having their virus suppressed has not been achieved in West Sumatra Province (69-85-64) or Pariaman City (72-57-51). This study aims to analyze family support for medication adherence in HIV patients in Pariaman City using the mixed method sequential explanatory method. A total of 54 respondents were selected by accidental sampling and involved 8 informants, conducted from April to June 2025, with the dependent variable being ARV medication adherence and the independent variables being emotional, informational, instrumental, and reward support. The results showed that 72.2% of respondents were compliant with treatment, indicating a level of compliance below the target. The results also found respondents with good emotional support (42.6%), good informational support (51.9%), good instrumental support (51.9%), and good reward support (57.4%). This indicates that there are still HIV patients who do not receive good family support. There is a significant relationship between emotional, informational, instrumental, and appreciation support on treatment adherence in HIV patients, with the dominant factors being informational support (OR = 19.674) and appreciation support (OR = 5.155). Acceptance, role, and form of family support play an important role in increasing the confidence and motivation of HIV patients in undergoing treatment. It is recommended that the Health Office, health care facilities, and HIV counselors increase family support through strengthening services, education, and mentoring to support treatment adherence in HIV patients.

Keywords : treatment adherence, family support, ARV treatment in HIV patients

References : 65 (2002-2023)