

**HUBUNGAN *SELF EFFICACY* TERHADAP KEPATUHAN  
MENGKONSUMSI ANTIRETROVIRAL PADA PASIEN *HUMAN  
IMMUNODEFICIENCY VIRUS (HIV)/ACQUIRED IMMUNE DEFICIENCY  
SYNDROME (AIDS)* DI KOTA SEMARANG**

**THE CORRELATION BETWEEN *SELF EFFICACY* AND ADHERENCE TO  
ANTIRETROVIRAL CONSUMPTION IN *HUMAN IMMUNODEFICIENCY  
VIRUS (HIV)/ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)* IN  
SEMARANG**

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**ABSTRAK**

**Latar Belakang :** Departemen Kemenkes Republik Indonesia tahun 2017 melaporkan bahwa kasus HIV/AIDS di Indonesia terdapat sebanyak 193.030 orang. Pengidap HIV/AIDS sangat memerlukan pengobatan Antiretroviral (ARV) yang dapat menurunkan jumlah virus HIV. Kepatuhan yang tinggi terhadap terapi Antiretroviral (ARV) dapat menekan replikasi virus. Kepatuhan pasien dalam mengkonsumsi Antiretroviral sangat berkaitan dengan *self efficacy* yang dimiliki oleh pasien. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *self efficacy* dengan kepatuhan mengkonsumsi antiretroviral pada pasien HIV/AIDS.

**Metode :** Penelitian ini merupakan jenis deskriptif korelatif yang menggunakan desain penelitian *cross sectional*, pengumpulan data dilakukan dengan kuesioner HIV-Adherence Self Efficacy Scale dan Morisky Medication Adherence Scale. Jumlah responden sebanyak 45 responden dengan Teknik *total sampling*.

**Hasil :** Hasil penelitian ini menunjukkan bahwa dari 45 responden, Sebanyak 23 responden memiliki *self efficacy* tinggi dengan kepatuhan tinggi (51,1%) sebanyak 8 responden dengan *self efficacy* tinggi kepatuhan sedang, 5 responden dengan *self efficacy* rendah dan kepatuhan tinggi dan sebanyak 9 responden dengan *self efficacy* rendah dan kepatuhan rendah. Hasil uji *Sommers* diperoleh hasil signficancy 0,0001 ( $p$ -value <0,05), dengan nilai korelasi *sommers* sebesar 0,632.

**Simpulan :** Ada hubungan antara *self efficacy* dengan kepatuhan mengkonsumsi antiretroviral.

**Kata Kunci :** HIV/AIDS, kepatuhan antiretroviral, *self efficacy*

**Daftar Pustaka :** 40 (2010 – 2018)

## **ABSTRACT**

**Background :** The Ministry of Health of the Republic of Indonesia in 2017 reported that there were 193,030 HIV/AIDS cases in Indonesia. People with HIV/AIDS really need antiretroviral treatment (ARV) which can reduce the number of HIV viruses. High adherence to antiretroviral therapy (ARV) can suppress viral replication. Patients adherence in taking Antiretrovirals is closely related to the self efficacy of the patients. Th purpose of this study is to determine the correlation between self efficacy and adherence to antiretroviral consumption in patients with HIV/AIDS.

**Method :** This study used a cross-sectional study design. The data collection was done by using the HIV-Adherence Self Efficacy Scale and Morisky Medication Adherence Scale questionnaires. The number of respondents was 45 respondents with total sampling technique.

**Results :** the results showed that there were 23 respondents who had high self efficacy with high adherence (51,1%), 8 respondents who had high self efficacy with moderate adherence, 5 respondents who had low self efficacy and high adherence, and 9 respondents who had low self efficacy with low adherence. The sommers test results obtained a significance value of 0,0001 (p-value <0,05), with the sommers correlation value of 0,632.

**Conclusions and Suggestion :** The higher the self efficacy, the higher the level of adherence to antiretroviral consumption. It is recommended for further researchers to conduit research related to the factors that influence self efficacy of patients with HIV/AIDS in consuming antiretrovirals.

**Keywords :** HIV/AIDS, Antiretroviral compliance, Self Efficacy

**Bibliography :** 40 (2010 – 2018)