

## ABSTRAK

FAKTOR YANG MEMPENGARUHI PERILAKU *LOST TO FOLLOW-UP*  
PADA PASIEN HIV/AIDS DENGAN TERAPI ARV DI RSUD Dr.  
SOETOMO SURABAYA

Lilik Manowati

Fakultas Keperawatan Universitas Airlangga  
lilik.manowati-2017@fkip.unair.ac.id

**Pendahuluan:** Penderita HIV / AIDS harus mengonsumsi ARV setiap hari dan rutin kontrol setiap bulannya untuk mengambil ARV di rumah sakit yang membuat penderita beresiko memiliki perilaku *lost to follow up*. Tujuan dari penelitian ini adalah untuk mengetahui faktor – faktor yang mempengaruhi perilaku *lost follow-up* pada pasien HIV/AIDS dengan terapi ARV di RSUD Dr Soetomo Surabaya. **Metode:** Penelitian ini menggunakan desain deskriptif korelasi dengan pendekatan *cross-sectional*. Populasi sebanyak 135 pasien dan didapatkan 100 pasien dengan *consecutive sampling*. Variabel independen adalah *perceived susceptibility*, *perceived severity*, *perceived barrier to action*, *perceived benefit of action*, *cues to action*, dan *self efficacy*. Variabel dependen adalah perilaku *lost to follow up*. Data diperoleh dengan kuesioner dan dianalisis dengan *Spearman's Rho*. **Hasil:** Terdapat hubungan antara *perceived susceptibility* ( $p=0,002$ ), *perceived severity* ( $p=0,025$ ), *perceived barrier to action* ( $p=0,022$ ), *cues to action* ( $p=0,011$ ) dengan perilaku *lost to follow up*. Tidak terdapat hubungan antara *perceived benefit of action* ( $p=0,196$ ) dan *self efficacy* ( $p=0,071$ ) dengan perilaku *lost to follow up*. **Diskusi:** Pengetahuan tentang pentingnya manfaat dari ARV perlu ditingkatkan kepada pasien dengan ARV serta kesadaran diri pasien untuk rutin kontrol dan mengonsumsi obat ARV. Peneliti selanjutnya disarankan untuk melakukan penelitian secara mendalam (penelitian kualitatif) terkait penyebab pasien memilih untuk melakukan *lost to follow up*, serta dapat menemukan kebaruan atau aplikasi sebagai pengingat dan monitoring jadwal pasien untuk melakukan kontrol ke rumah sakit.

**Kata Kunci:** HIV/AIDS, ARV, perilaku, *lost to follow up*

## ABSTRACT

### THE FACTORS RELATED TO THE ATTITUDE OF LOST TO FOLLOW-UP ON PEOPLE LIVING WITH HIV/AIDS WITH ARV THERAPY AT RSUD Dr. SOETOMO SURABAYA

Lilik Manowati

Fakultas Keperawatan Universitas Airlangga  
lilik.manowati-2017@fkip.unair.ac.id

**Introduction:** HIV/AIDS sufferers must consume antiretrovirals every day and control routinely each month to take ARVs at the hospital. The condition make patients having a risk of lost to follow up attitude. The purpose of this study was to determine the factors related to the attitude of lost to follow-up on people living with HIV/AIDS with ARV therapy at RSUD Dr. Soetomo Surabaya. **Method:** This study used descriptive correlation design with a cross-sectional approach. The population were 135 patients and 100 patients of which were recruited as participant with consecutive sampling. Independent variables were perceived susceptibility, perceived severity, perceived barrier to action, perceived benefits of action, cues to action, and self efficacy. The dependent variable was lost to follow up behavior. Data were obtained by questionnaire and analyzed with Spearman's Rho. **Result:** There was a relationship between perceived susceptibility ( $p=0.002$ ), perceived severity ( $p=0.025$ ), perceived barrier to action ( $p=0.022$ ) and cues to action ( $p=0.011$ ) with lost to follow-up behavior. There was no correlation between perceived benefit of action ( $p=0.196$ ) and self efficacy ( $p=0.071$ ) with lost to follow-up behavior. **Discussion:** Knowledge and awareness regarding the importance taking antiretroviral drugs regularly and control routinely needs to be increased for patients with antiretroviral drugs. Further researchers are advised to conduct in-depth research (qualitative research) related to the causes of lost to follow-up behaviour thus.

**Keywords:** HIV/AIDS, ARV, attitude, lost to follow up