

## **ABSTRACT**

### **MEDICATION ADHERENCE IN DIABETES MELLITUS OUTPATIENTS DURING RAMADAN (Study conducted at Hospital X Surabaya)**

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*Diabetes mellitus (DM) is a chronic disease characterized by elevated blood glucose levels and disturbances in carbohydrate, fat, and protein metabolism due to abnormal pancreatic secretion. Fasting during Ramadan presents a unique challenge for diabetes patients due to changes in dietary intake, physical activity, and daily routines, which can impact their metabolism. This study was aimed to analyze the medication adherence profile of outpatient diabetes mellitus patients during Ramadan at Hospital X in Surabaya. The study employed a descriptive observational design using the Morisky Green Levine Scale (MGLS) questionnaire. Data collection was carried out from March 12 to April 9, 2024. The sample comprised 30 respondents, with the inclusion criteria being outpatients with diabetes mellitus aged 21-80 years, able to communicate well, and capable of following the study protocol. The study found that the majority of respondents were in the age range of 41-60 years (43.3%), predominantly male (60%), and mostly had higher education levels (43.3%). Furthermore, 53.3% of respondents had been diagnosed with diabetes for more than five years, and 56.7% had comorbid conditions, primarily hypertension. The results showed that 60% of respondents had high medication adherence, 26.7% had moderate adherence, and 13.3% had low adherence. Factors influencing adherence included age, gender, education level, employment status, duration of diabetes, and comorbidities. The findings suggest that targeted education and individualized treatment plans are essential for improving medication adherence among diabetes patients during Ramadan, thereby reducing the risk of complications and enhancing their quality of life.*

**Keywords :** *Diabetes Mellitus, Ramadan Fasting, Medication Adherence, Outpatient, Hospital X Surabaya.*