THE RELATIONSHIP OF HEALTH LITERACY ON MEDICATION ADHERENCE AMONG PATIENTS WITH TYPE 2 DIABETES AT HEALTH CLINIC IN GOMBAK, SELANGOR

ABSTRACT

This cross sectional study was conducted to see the relationship between health literacy and medication adherence among patients with type 2 diabetes at health clinic in Gombak, Selangor. A total of 96 respondents were chosen to participate in this study by using convenient sampling. Questionnaire guided by researcher and self administered questionnaire was performed during this data collection. The study found that the age range of the respondents was 30 to 64 years old, which mostly consisted of women, Malay ethnicity, housewife, had secondary education, had diabetic with average 87.26 which is around seven years two month and, never attended Diabetic Patient Education Class, with average level of blood glucose 8.7 mmol/L. Majority of them had limited health literacy (91.7%) while most half of them with moderate level of knowledge regarding diabetes (66.7%). Overall level of attitude shown majority of respondents had negative attitude (89.6%). Respondents showed a high negative attitude (76.0%) on the perception barriers. Only 14.2% of them showed high compliance while 43.8% showed low compliance in taking their diabetic medication. Comparative analysis of health literacy by age and educational level using Kruskal Wallis test showed there was no significant ($p<0.05$) results were produced. Otherwise for comparative knowledge by age group, there was no significant ($p = 0.57$) results through One-Way ANOVA was found. Furthermore, there are significant differences ($p <0.05$) between the comparative knowledge according to educational level. According to the post hoc tests showed there were significant differences between the level of education in primary and secondary schools. Comparison of attitude by age and educational level using One-Way ANOVA test shown there is not significant ($p>0.05$) between that comparison. For correlation analysis, there were no significant ($p>0.05$) correlation between the level of health literacy with knowledge, overall attitude, attitude according to the construct of perceived threat, perceived benefits, perceived barriers and practices. However there was a positive correlation ($r = 0.239$, $p = 0.019$). Based on this study, no primary cause attributed to patient compliance with taking their diabetes medications. Finally, this study has shown that the level of health literacy in patients with diabetes is low. Health education such as Diabetes Patient Education Classes is needed for improving literacy and adherence to medication among patients with Type 2 Diabetes.