

ABSTRACT

The Chronic Disease Management Program (Prolanis) is a promotive and preventive program developed by The Organizer of Social Health Insurance (BPJS Kesehatan) working with Primary Health Care (FKTP). Prolanis aimed to encourage participants with chronic illness to achieve optimal quality of life. Target of the ratio of routine Prolanis patients visit (RPPB) to Primary Health Care in safe zone was at least 50% every month. Average range of ratio of routine Prolanis patients visit at Unair Health Service Center (PLK Unair) from January to July of 2017 was 15% out of 62 registered participants, still below the target of the safety zone specified by The Organizer of Social Health Insurance.

This study aimed to analyze the influence of predisposing factors, enabling factors, and factors of need for the utilization of The Chronic Disease Management Program at Unair Health Service Center. This research was a correlational-analytic research, using cross sectional research design. The sample of the study was 54 people, the sample in this study were Prolanis participants registered at Unair Health Service Center in July 2017.

The results of this study showed that there were significant influence of age ($p = 0,044$), gender ($p = 0,054$), social network ($p = 0,009$), Prolanis information ($p = 0,020$), schedule conformity ($p = 0,008$), and need ($p = 0,008$) against Prolanis utilization in Unair Health Service Center.

The conclusions of this study are Prolanis influenced by predisposing factors (age, gender, social network), enabling factors (Prolanis information and schedule conformity), and needs (needs of health examination). Participants who are actively participating Prolanis are women, elderly, those who have enough information about Prolanis, those who have a match personal schedule with the schedule of Prolanis, as well as those who need medical examination in Prolanis.

The efforts to increase the utilization of Prolanis in Unair Health Service Center is to redesign the way and the media socialization of Prolanis activities and adjust the schedule of Prolanis with the schedule of participants with discussions.

Keyword: Predisposing factor, need factor, enabling factor, utilization of health services, Prolanis, Andersen's theory.

ABSTRAK

Program Pengelolaan Penyakit Kronis (Prolanis) merupakan program promotif dan preventif yang dikembangkan BPJS Kesehatan bekerja sama dengan Fasilitas Kesehatan Tingkat Pertama (FKTP). Target pemenuhan Rasio Peserta Prolanis Rutin Berkunjung (RPPB) Prolanis ke FKTP pada zona aman paling sedikit sebesar 50% setiap bulan dan target pada zona prestasi paling sedikit sebesar 90% setiap bulan. Rata-rata Rasio Peserta Prolanis Rutin Berkunjung (RPPB) ke PLK Unair dari bulan Januari – bulan Juli tahun 2017 sebesar 15% dari total 62 orang peserta yang terdaftar, masih dibawah target zona aman yang ditetapkan BPJS Kesehatan.

Penelitian ini bertujuan untuk menganalisis pengaruh faktor predisposisi, faktor pemungkin dan faktor kebutuhan terhadap pemanfaatan Program Pengelolaan Penyakit Kronis (Prolanis) di PLK Unair. Penelitian ini merupakan penelitian analitik menggunakan desain penelitian *cross sectional*. Sampel penelitian sebesar 54 orang.

Hasil penelitian ini menunjukkan terdapat pengaruh signifikan variabel umur ($p=0,044$), jenis kelamin ($p=0,054$), jejaring sosial ($p=0,009$), informasi Prolanis ($p=0,020$), kesesuaian jadwal ($p=0,008$), dan kebutuhan pemeriksaan kesehatan ($p=0,008$) terhadap Prolanis di PLK Unair.

Kesimpulan dari penelitian ini adalah Prolanis di PLK Unair dipengaruhi oleh faktor predisposisi (umur, jenis kelamin, jejaring sosial), faktor pemungkin (informasi Prolanis dan kesesuaian jadwal), dan kebutuhan (kebutuhan pemeriksaan kesehatan).

Upaya untuk meningkatkan pemanfaatan Prolanis di PLK Unair adalah dengan melakukan desain ulang cara dan media sosialisasi kegiatan Prolanis serta musyawarah untuk menetapkan jadwal kegiatan yang sesuai dengan jadwal peserta.

Kata kunci: Faktor predisposisi, faktor kebutuhan, faktor pemungkin, pemanfaatan pelayanan kesehatan, Prolanis, teori Andersen.