



The Effect of Social Influence in Effort to Increase the Effectiveness of Drug Adherence Intervention Based on Stages of Age Variation in Development : A Systematic Review

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ABSTRACT

Drugs adherence or drug use compliance is a human/individual behavior that is the result of a process that has been conveyed by doctors/health workers to follow the prescription or instructions that have been given regarding drug use. This systematic review aims to provide a way/method that can be implemented to improve drug use compliance. In this study, the literature review method was used, providing that journals published in 2021-2025 were taken from the Scopus database. Of all the journals that have been reviewed, there are 9 out of 18 international journals that describe how social influence can improve drug use compliance (drugs adherence). The results of this systematic review show that strengthening and increasing the interaction between patients and health workers, both with professionals, doctors, nurses, pharmacists, and other health workers, aims to improve treatment compliance. Using social influence by health workers, professionals, doctors, pharmacists, and nurses can improve drug adherence, especially in subjects aged 25-80 years.

INTRODUCTION

Drug adherence is one of the key factors in the management of chronic diseases. However, many patients do not comply with doctor's prescriptions and do not follow the recommended treatment. This can lead to decreased treatment effectiveness, increased risk of complications, and increased health costs. In one study conducted by (Sinuraya et al., 2018) with test subjects of hypertensive patients with high mortality and morbidity rates in the world, it showed that 53.5% of respondents had a low level of medication adherence, 32.3% had a moderate level of medication adherence, and 14.2% had a high level of medication adherence. Meanwhile, research by (Lestari & Rizal, 2021) with test subjects being diabetes mellitus (DM) patients who have an increasing prevalence of diabetes mellitus every year, showed results that 48% of the total test subjects of 50 patients showed a low level of medication adherence. This is also in line with research conducted by (Imami & Widhani, 2024) with subjects of patients with lupus showing results of 27% non-compliance with the agreed treatment. So from several journals above it can be concluded that compliance with drug use should be increased to achieve a good level of treatment.

The strategy to improve medication adherence is to use interventions that focus on behavioral change. However, these interventions are often ineffective because they do not consider social factors that influence patient behavior. In addition, medication adherence, or what is often referred to as "medication adherence" refers to the extent to which patients follow medical instructions, including taking medication according to the dose, schedule, and duration recommended by a doctor or medical personnel. Medication adherence is a major aspect of the management of chronic diseases. This treatment takes into account the patient's condition, the focus of which is daily medication adherence to achieve the patient's health status (Lailatushifah, 2012).

Social influence according to Cialdini (2009), (Ummah, 2019) is one of the processes that occurs in a person due to the influence obtained from other people to do one/an action that has never been done before. In the context of this discussion, it is a positive activity. Meanwhile, according to (DEUTSCH & GERARD, 1955), p. 629, Social influence is a change in behavior or opinion of a person that occurs due to interaction with other people (environment). Meanwhile, according to (Festinger, 1954) Social influence is a condition characterized by people being influenced by different people to obtain a certain opinion or behavior from that other individual.

From the several definitions above, it can be concluded that Social influence is the result of the interaction process that occurs between individuals. The interaction that occurs is in the form of influencing to carry out an action or an opinion from another individual. So that other individuals are triggered to carry out activities, opinions, and behaviors that have never been done before. Social influence is an important factor that influences human behavior. Social influence is also a factor in the process of medication compliance. Where social factors such as family support, friends, and community can influence the patient's decision to comply with the doctor's prescription. In addition, social

influence can also influence the patient's perception of the benefits and risks of treatment.

Meanwhile, long-term treatment according to the Indonesian Ministry of Health (2017) is a treatment that lasts for several months or years as an effort for continuous treatment and monitoring to prevent or control disease symptoms and complications. Then according to the American Academy of Family Physicians (2019), Long-term treatment is carried out to prevent complications and control disease symptoms that occur in patients, to treat and monitor during the treatment process (Unwin et al., 2022). Then it can be concluded that long-term treatment is a treatment that lasts for several months or years, and requires continuous care and monitoring to control disease symptoms and prevent complications.

The research conducted by the researcher this time aims to determine the effect of social influence in efforts to increase the effectiveness of drug adherence interventions. This study will investigate how social factors such as family, friends, and community support affect drug adherence in patients with chronic diseases

METHODOLOGY

The systematic review process stage begins with creating research questions. The PICO formulation (Population, Intervention, Comparison, Outcome) refers to the systematic questions that the author formulates in the research process. In this study, the question that arises in the review process is, does social influence affect the increase in medication adherence? The author then continues the process by designing search keywords in the database. After the author gets the terms from the research questions, the author continues the search with the terms found, namely social influence, medication adherence, long-term, and developmental age. From several search terms, the author enters the database from Scopus. Furthermore, from several articles that have been collected, the author checks for duplication using Rayyan. Then the author continues to filter the title and abstract and continues with the entire manuscript. After the selection of 1,068 journals, 1 journal was detected as duplicate, continued with the screening of titles and abstracts from 1,037 journals, and 942 journals were found to be inappropriate, the results were 95 journals appropriate and continued the filtering stage based on inclusion and exclusion criteria. Of the 95 journals that were tested for inclusion and exclusion criteria, the final results obtained were 18 journals that met the criteria, namely that social influence influenced increasing drug adherence interventions.

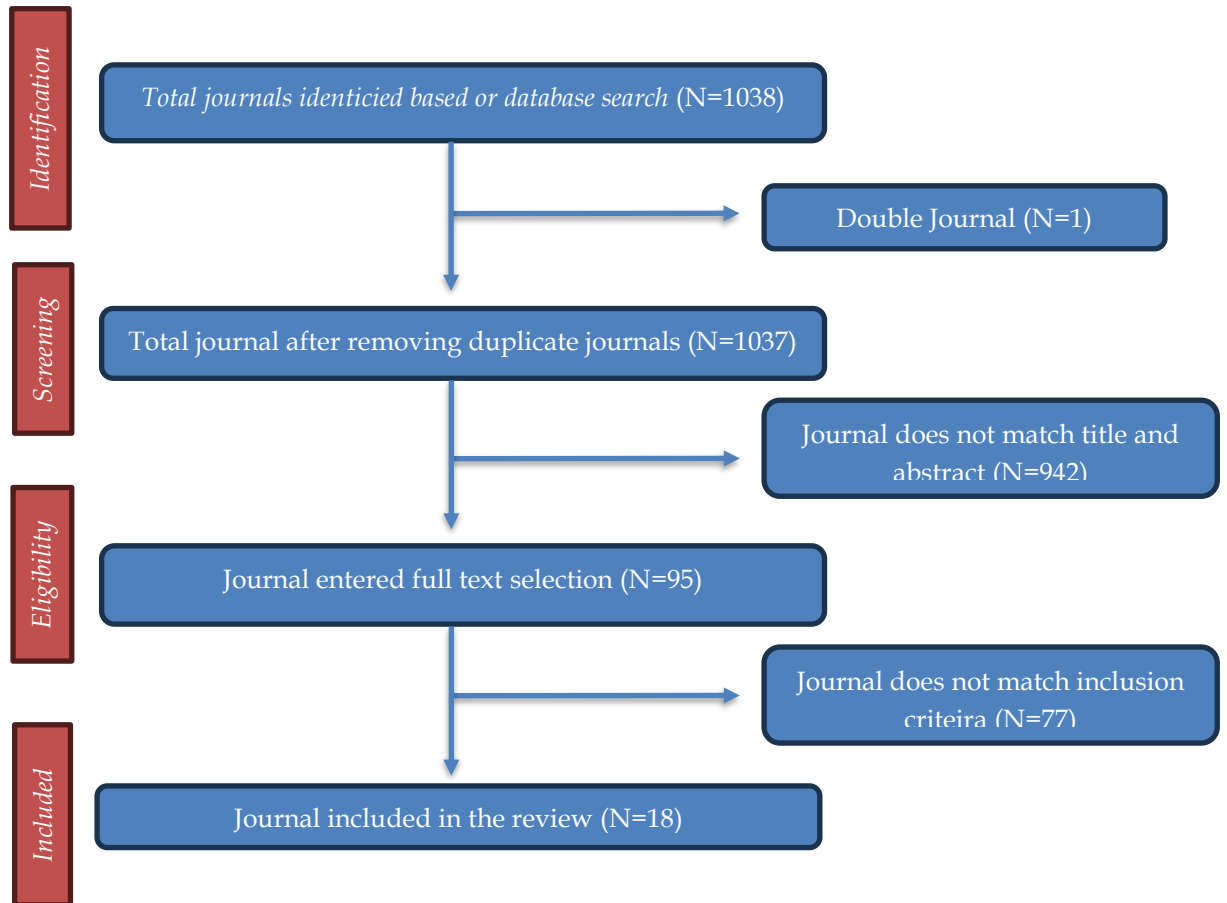


Diagram 1 Graphic Process Image Journal selection flow

RESULT AND DISCUSSION

Drugs adherence is an integral aspect to achieve the health care benefits of pharmacological treatment. WHO also defines medication adherence as the extent to which the behavior shown by patients in taking medication, following a diet and making lifestyle changes, in accordance with the agreed recommendations of the health care provider (Seetharama et al., 2024). However, in one of the journals written by (Setiawan, 2014) it is stated that drugs adherence or compliance in treatment is the result of interactions and agreements that occur between patients and doctors or other health workers to achieve a predetermined level of treatment. In addition, it can also be concluded that medication adherence is a decision-making process that is actively carried out by patients.

There are things that underlie a person's awareness of medication adherence including the desire to recover (motivation); knowledge and education; good social support from family and surroundings; economic factors; self-management factors; etc. This makes a person have high medication adherence (Garfield & Judah, 2022). In this case, the purpose of the systematic review conducted will provide an overview of the social influence carried out by health workers such as; doctors; pharmacists; nurses; physiotherapists; and other health workers, as well as the processes/interventions carried out can be given

with variations in age and from various other countries. And can be adapted to improve medication adherence (drugs adherence).

According to a journal written by (Syamsudin et al., 2002), an individual who has an understanding of a treatment will increase their level of adherence to the treatment. However, a low level of education will not hinder an individual from accessing various information from social media available today. Therefore, there is no reason for anyone to be non-adherent due to a lack of understanding or education. By increasing the influence of healthcare professionals on medication adherence, using chi-square data analysis in the study (Syamsudin et al., 2002), regular counseling by healthcare professionals will have a 10 times higher chance of medication adherence compared to individuals who receive less counseling. This is in line with the study (Makatindu et al., 2021) which shows a positive relationship between the role of healthcare professionals and adherence to medication consumption. Thus, it can be concluded that increasing the role of healthcare professionals in influencing patients with long-term treatment will result in 10 times more significant adherence and improvement in quality of life.

The journal review conducted showed results similar to the study conducted by (D. S. Lee et al., 2021) providing interventions in the form of nursing care carried out carefully and consistently can increase patient compliance with treatment, this is desirable because increasing compliance with treatment can reduce halitosis in patients. Research by (Beichler et al., 2022) showed results that a good relationship between patients and health workers through active communication showed results that could increase compliance with treatment. In addition, in the journal written by (Zeng & Tan, 2021) conducting periodic group counseling also showed positive results in increasing compliance with drug use, good support and work between health workers and families helped improve this.

(Talens et al., 2021) Intense interaction with pharmacists in explaining drug use to patients to improve treatment compliance gives positive results. Patients who receive complete information regarding the drugs used, how to use them, the rules of use, and the effects that may occur if not consumed correctly, can increase drug compliance. In one of the journals written by (Imami & Widhani, 2024) the lack of drug compliance in lupus patients, apart from within the patients themselves, also from external factors such as excessive fear of side effects that occur due to drug use.

Tabel 1 Journals reviewed

| No | Author | Subject | Intervention | Result | Country |
|----|----------------------------------|---|--|---|---------|
| 1. | (D. S. Lee <i>et al.</i> , 2021) | A total of 100 respondents . Age between 20 years. | Nursing care is carried out carefully to improve treatment compliance. | The result is that there is an increase along with a significant decrease in subjective halitosis in the experimental group compared to the placebo group. This is because the nursing care that has been given is followed carefully. | Korea |
| 2. | (Zeng & Tan, 2021) | The subjects of this test were 900 respondents , 594 male respondents , and 248 female respondents . The age of the respondents was 34 years. | Group counseling, Increasing family participation in the treatment process, good communication between patients and health workers | From the research that has been done, it was found that addiction that occurs in individuals with family functions does not provide a positive effect so relapse can occur. The main thing is that self-efficacy in drug addicts can be increased with psychological counseling and psychological education assisted by cooperation between families and treatment centers. | China |
| 3. | (Hoyo <i>et al.</i> , 2023) | A total of 1274, with an average age of respondents being 70 years. | Stress management program | HbA1c levels in the intervention group decreased significantly ($p < 0.001$) from a mean of 8.72 (SD: 1.49) to 7.03 (SD: 1.09) after 18 months. HbA1c levels in the control group increased from a mean of 8.65 (SD: 1.40) to 8.84 (SD: 1.38) after 18 months. Positive results were also found on symptoms of depression, stress, and diabetes, after 18 months. | Spain |

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| 4. | (González de León <i>et al.</i> , 2022) | Performed on men and women. Women are 44 years old, and men between 50-58 years old. | Increasing family participation in the treatment process, good interaction between patients and health workers | Family member involvement and motivation within the patient to be actively involved in the treatment process are very important. Clear explanations from doctors/health workers as an effort to influence patients in the treatment process. | Spain |
| 5. | (Kołtuniuk <i>et al.</i> , 2022) | Conducted on 344 participants (250 = women, 94 = men), in the range of Adolescence-Late Adulthood. | Good interaction between patients and health workers. Patient adherence to DMT treatment was measured using the Multiple Sclerosis Treatment Adherence Questionnaire (MS-TAQ). | The level of adherence to DMT treatment was 72% (MS-TAQ). The quality of life of patients was higher in the ADL and RHCS domains which affected the level of adherence to SM treatment. A good quality of life for patients was obtained from the results of interactions and support received by patients during the treatment process. | Poland |
| 6. | (Hnatešen <i>et al.</i> , 2022) | A total of 70 participants, Adolescent-Early Adult Age. | Professional staff (specialist doctors), Good communication and interaction. | Patients who complied with their doctor's instructions had higher MoCA scores and greater reductions in pain intensity compared to patients who did not comply with their doctor's instructions. | Croatia |
| 7. | (Agrawal <i>et al.</i> , 2021) | Conducted on 1108 female participants, with an age range of 40 to 86 years. | Telephone interaction, insurance offers | The results are that with the participation subscale data (ISEL), health insurance has a greater possibility in terms of compliance with health. | Texas |
| 8. | (E. Lee & Jang, 2021) | Conducted on 147 | Building active interaction, | Treatment compliance in participants varies based | Seoul |

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| | | adolescents and adult women with an age range of 19 to 45 years. | regular counseling | on age, religion, level of trust in psychiatrists, duration of treatment, and non-compliance due to weight gain. In this study, body image had the greatest impact on participants' treatment compliance. In addition, insight and influence from health workers are needed in the process of increasing treatment compliance. | |
| 9. | (Park & Jang, 2021) | It was conducted on 154 respondents, with an age range of 18 years or more than 18 years. | Supervision and Monitoring | Clinical care in social influence efforts carried out by health workers must facilitate educational programs that are tailored to patient characteristics, including the purpose and method of taking warfarin, special diets, knowledge of warfarin interactions with other drugs, symptoms of adverse events, and self-management. | Seoul |
| 10. | (Talens <i>et al.</i> , 2021) | Performed on 23 patients, with an age range of 32-81 years. | Intense interaction with professional staff in explaining the use of drugs (pharmacists) to improve compliance | The assistance of health workers in this case pharmacists as social influences supports patient compliance and self-management. Good collaboration between health workers and real experiences from patients can improve medication compliance. | Spain |
| 11. | (Ngai <i>et al.</i> , 2021) | Conducted on 391 participants, with an age range of 12-45 years. | Regular Group Counseling | The findings of this study shed light on the dynamic mechanisms of groups, which help the process of increasing medication adherence | Hong-Kong |

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| | | | | through mutual assistance and provide important implications for improving rehabilitation outcomes in adolescents and young adults with chronic health conditions. So in this case, groups as social influences have a good effect on increasing medication adherence. | |
| 12. | (Wu <i>et al.</i> , 2021) | A total of 452 respondents . With 229 men, and 223 women. The majority of respondents are aged 50-69 years. | Active interaction with professional staff, telephone intervention (mass media) | This study concluded that health professionals can improve patients' self-efficacy in self-care by providing necessary health information through direct communication or online communities and ensuring patients that they have clear support. | |
| 13. | (Kim & Cho, 2021) | A total of 100 respondents , with an age range of ≥18 years. | Social and environmental support | Treatment adherence is positively correlated with social support, treatment adherence social support and health status affect self-care behavior. Compliance improvement strategies such as social support in the form of social influence affect self-care behavior. | |
| 14. | (Beichler <i>et al.</i> , 2022) | Conducted on 303 participants, of the 303 recorded, 257 were included in the analysis, with an age | Involvement of professional staff, active interaction | The results of this study emphasize the importance of awareness among health professionals (HCPs) about understanding, involvement, and perception as important aspects to improve the | |

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| | | range of 50-74 years. | | quality of patient-doctor relationships and ART treatment adherence. A good relationship between patients and doctors (as a social influence) shows high results if they have great involvement in improving understanding related to treatment. | |
| 15. | (Cai & Wang, 2022) | Conducted on 647 participants, with an age range of 22-68 years. | Health Education | This study suggests that interventions targeting resilience may be an effective approach to improving hope in people with substance use disorders in China. In addition, family support not only has a direct effect on hope but also has a significant indirect effect on hope through resilience. | China |
| 16. | (Xu <i>et al.</i> , 2022) | There were 498 valid participants to enter the study, the respondents were male with an average age of 36 years. | Regular counseling, social support | The direct effect of social support on abstinence motivation is moderated by sensation seeking. Social support has positive direct and indirect effects on abstinence motivation. Specifically, for individuals with low sensation seeking, social support can significantly increase drug abstinence motivation, but this effect is not significant for individuals with high sensation seeking. | China |
| 17. | (Alcalá <i>et al.</i> , 2022) | The subjects used were 36, with an age range of | Group counseling | Treatment compliance can be increased if the underlying reasons for non-compliance in | China |

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| | | 25-60 years. Female subjects. | | treatment are known. Effective treatment strategies are needed and improve the quality of life of patients. | |
| 18. | (Ojonuba <i>et al.</i> , 2023) | The subjects were in the age range of 12-17 years. | Health Literacy and Health Education | Reducing the use of addictive substances and improving the quality of life with increased competence in the social field. | Malaysia |

The systematic review attempts to answer the research question, namely to find out what kind of social influences and what kind of interventions can improve medication adherence. Then, from the review results, it was found that the table data that had been formed showed that 9 out of 18 journals reviewed described social influences such as improving relationships with patients, establishing good communication, showing a role as a professional, group counseling, health education can improve medication adherence with the role of social influence carried out by health workers, both doctors and other health workers. From the consideration of research conducted in various countries, it is good that this is relevant to be applied in efforts to improve medication adherence in Indonesia.

CONCLUSIONS

Drugs Adherence or compliance in treatment is an important thing that must be adhered to by everyone in the treatment process. This is one of the efforts to achieve the degree of treatment that has been previously agreed upon between the patient and the doctor. Several factors influence drug adherence in the community, including lack of social support, lack of understanding of the drugs used, excessive fear of side effects that will occur, to factors other than from within the patients themselves. There are several ways to improve drug adherence by implementing social influence where the methods/interventions carried out can be in the form of group counseling, health education, strengthening motivation, monitoring, periodic monitoring, etc. Of the 18 journals, 9 journals emphasize strengthening and improving the interaction that occurs between patients and health workers, both with professionals, doctors, nurses, pharmacists, or other health workers who aim to improve treatment compliance. Interventions from the systematic review that were carried out also vary depending on the subject to be intervened. In this case, looking at all ages (developmental stages) and the results obtained these interventions will show more results at the age of 25-80 years, and using media that is currently increasingly developing.

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