

ABSTRAK

Diabetes Melitus tipe 2 merupakan penyakit kronis yang menimbulkan beban ekonomi cukup besar, terutama pada Generasi Z yang mulai menunjukkan peningkatan angka kejadian akibat gaya hidup yang kurang sehat. Kondisi ini menjadi perhatian dalam sistem pelayanan kesehatan karena dapat memengaruhi alokasi pembiayaan jangka panjang. Penelitian ini bertujuan untuk menganalisis total biaya sakit (*Cost of Illness*) dan pengaruh komponen-komponennya pada pasien Diabetes Melitus Tipe 2 generasi Z yang menjalani rawat inap di Rumah Sakit Dewi Sri Karawang selama periode Januari–Desember 2024. Metode yang digunakan adalah deskriptif observasional dengan pendekatan *cross-sectional*. Data dikumpulkan secara retrospektif dari rekam medis dan dianalisis menggunakan uji bivariat dan korelasi Spearman untuk melihat hubungan antara komponen biaya terhadap total biaya sakit. Pengambilan sampel dilakukan dengan metode total sampling sesuai kriteria inklusi. Hasil penelitian menunjukkan rata-rata total biaya sakit per pasien adalah sebesar Rp3.502.622 dari perspektif rumah sakit dan Rp3.281.557 dari perspektif BPJS Kesehatan. Sementara itu, berdasarkan kelas rawat, biaya tertinggi ditemukan pada kelas II (Rp3.509.695) dan kelas III (Rp3.480.329). Komponen biaya yang paling besar kontribusinya adalah biaya rawat inap, diikuti oleh akomodasi dan farmasi. Hasil uji menunjukkan bahwa biaya rawat inap memiliki pengaruh paling signifikan terhadap total biaya sakit.

Kata kunci : *Cost of Illness*, Diabetes Melitus Tipe 2, Generasi Z, Biaya Sakit, Rawat Inap

ABSTRACT

Type 2 Diabetes Mellitus (T2DM) is a chronic disease that imposes a considerable economic burden, especially among Generation Z, who are increasingly affected due to unhealthy lifestyle patterns. This condition raises concerns within the healthcare system as it may impact long-term funding allocation. This study aims to analyze the total cost of illness and the influence of its components among Generation Z patients with Type 2 Diabetes Mellitus who were hospitalized at Dewi Sri Hospital, Karawang, during the period of January–December 2024. This research employed a descriptive observational method with a cross-sectional approach. Data were collected retrospectively from medical records and analyzed using bivariate tests and Spearman correlation to identify the relationship between cost components and the total cost of illness. Sampling was conducted using total sampling based on inclusion criteria. The results showed that the average total cost of illness per patient was IDR 3,502,622 from the hospital's perspective and IDR 3,281,557 from BPJS Kesehatan's perspective. Based on the class of care, the highest cost was found in Class II (IDR 3,509,695) followed by Class III (IDR 3,480,329). The cost component with the highest contribution was inpatient care, followed by accommodation and pharmacy services. Statistical analysis indicated that inpatient care cost had the most significant impact on the total cost of illness. In conclusion, the treatment cost of T2DM among Generation Z is relatively high, with consistent cost structures between the hospital and BPJS Kesehatan. These findings are essential as a foundation for more efficient and sustainable healthcare financing policies.

Keywords : Cost of Illness, Type 2 Diabetes Mellitus, Generation Z, Treatment Cost, Inpatient Care