

## ABSTRACT

**Background:** Schizophrenia is a chronic mental disorder that significantly affects patients' quality of life. One of the crucial factors in managing schizophrenia is adherence to medication. Poor adherence to treatment regimens increases the risk of relapse, which can further deteriorate patients' quality of life. This study aims to examine the relationship between medication adherence and the quality of life of patients with schizophrenia.

**Method:** This study employed a cross-sectional design with a quantitative approach. A total of 100 outpatient participants diagnosed with schizophrenia were recruited from Jambi Regional Mental Hospital. Medication adherence was assessed using the Morisky Medication Adherence Scale-8 (MMAS-8), while quality of life was measured using the WHOQOL-BREF questionnaire. The Chi-Square test was conducted to analyze the association between medication adherence and quality of life.

**Results:** Low medication adherence was found in the majority of the 100 participants (72%). The Chi-Square test results indicated a significant relationship between medication adherence and quality of life ( $P\text{-value} < 0.05$ ). Patients with high adherence levels demonstrated a better quality of life compared to those with low adherence.

**Conclusion:** There is a significant relationship between medication adherence and quality of life in patients with schizophrenia. Enhancing medication adherence through patient education and family support is essential for improving patient well-being.

**Keywords:** Medication Adherence, Quality of Life, MMAS-8, Schizophrenia, WHOQOL-BREF.