

ABSTRAK

HUBUNGAN PERILAKU KESEHATAN KLIEN DIABETES MELLITUS DENGAN KUALITAS HIDUP BERDASARKAN TEORI *PRECEDE-PROCEED*

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Latar Belakang : Penderita diabetes yang mengalami resistensi insulin, terjadi gangguan proses glikolisis, sehingga mengakibatkan terjadinya penumpukan glukosa dalam darah. Perilaku kesehatan merupakan salah satu perawatan dalam diabetes yang memerlukan waktu yang lama karena diabetes merupakan penyakit menahun yang diderita seumur hidup dan sangat kompleks sehingga seringkali penderita cenderung menjadi putus asa.

Metode : Penelitian ini merupakan penelitian kuantitatif kolerasional dengan pendekatan *cross sectional*, populasi penelitian adalah penderita diabetes mellitus di Puskesmas Mulyorejo Kota Surabaya. Sampel penelitian sebanyak 42 penderita dengan teknik *random sampling*. Pengumpulan data menggunakan kuesioner perilaku kesehatan diabetes mellitus, sedangkan analisa data menggunakan uji *spearman rho*.

Hasil : Hasil penelitian penderita Diabetes Mellitus berdasarkan perilaku kesehatan yaitu mayoritas baik sebanyak 36 (85,7%). Berdasarkan kadar gula darah yaitu mayoritas mengalami pre diabetes berjumlah 18 (42,9%). Penderita diabetes berdasarkan tekanan darah yaitu mayoritas mengalami hipertensi berjumlah 24 (57,1%).

Kesimpulan : Ada hubungan antara perilaku kesehatan diabetes mellitus dengan domain kualitas hidup pada aspek fisik kadar glukosa darah acak, namun pada perilaku kesehatan dengan domain kualitas hidup pada aspek fisik tekanan darah penderita diabetes mellitus di RW 1, RW 4, dan RW 6 Kecamatan Mulyorejo Kota Surabaya Puskesmas Mulyorejo kota Surabaya tidak terdapat hubungan.

Kata Kunci : Perilaku Kesehatan, Diabetes Mellitus, Kadar Gula Darah, Tekanan Darah, Teori *Precede-Proceed*

ABSTRACT

THE RELATIONSHIP BETWEEN HEALTH BEHAVIOR OF DIABETES MELLITUS CLIENTS WITH QUALITY OF LIFE-BASED PRECEDE-PROCEED THEORY

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Background : For diabetics who experience insulin resistance, there is a disruption of the glycolysis process, resulting in a buildup of glucose in the blood. Health behavior is one of the treatments for diabetes that requires a long time because diabetes is a chronic disease that affects a lifetime and is very complex so sufferers often tend to become discouraged.

Methods : This research is a correlational quantitative study with a cross-sectional approach, the study population is diabetes mellitus sufferers at the Mulyorejo Health Center, Surabaya City. The research sample was 42 patients with a random sampling technique. Data collection used a diabetes mellitus health behavior questionnaire, while data analysis used the Spearman Rho test.

Result : The results of the study of people with Diabetes Mellitus based on health behavior, namely the majority of them were good, 36 (85.7%). Based on blood sugar levels, the majority had pre-diabetes, amounting to 18 (42.9%). Diabetics based on blood pressure, namely the majority had hypertension totaling 24 (57.1%).

Conclusion : There is a relationship between diabetes mellitus health behavior with the quality of life domain on the physical aspect of random blood glucose levels, but on health behavior with the quality of life domain on the physical aspect of blood pressure or diabetes mellitus sufferers in RW 1, RW 4, and RW 6, Mulyorejo District, Surabaya City Health Center Mulyorejo city of Surabaya has no relationship.

Keywords : Health Behavior, Diabetes Mellitus, Blood Sugar Levels, Blood Pressure, Precede-Proceed Theory