

ABSTRAK

HUBUNGAN *SELF-CARE BEHAVIOR* DENGAN KUALITAS HIDUP PASIEN DIABETES MELITUS (DM) TIPE 2 DI WILAYAH KERJA PUSKESMAS KALIJUDAN KOTA SURABAYA

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Pasien DM yang memiliki kemandirian dalam mengelola penyakitnya dengan baik, dapat menghambat dan mencegah ketidaknyamanan fisik akibat komplikasi akut maupun kronis. Hal tersebut sering diikuti oleh penurunan kualitas hidup. Hasil penelitian terdahulu didapatkan adanya hubungan *self care* (penyelesaian masalah, pengurangan risiko/komplikasi) dengan kualitas hidup pasien diabetes melitus tipe 2. Oleh karena itu, penelitian ini bertujuan menganalisis hubungan *self-care behavior* dengan kualitas hidup pasien DM tipe 2 di Puskesmas Kalijudan. Penelitian ini menggunakan pendekatan *cross-sectional*. Teknik pengambilan sampel *purposive sampling* dengan besar sampel 73 pasien di Puskesmas Kalijudan. Variabel independen yaitu *self-care behavior* dan variabel dependen yaitu kualitas hidup. Pengumpulan data menggunakan kuesioner *self-care behavior* yang dikembangkan oleh peneliti dan kuesioner DQOL, serta dianalisis menggunakan uji *Rank Spearman*. Hasil penelitian ini menunjukkan bahwa hampir seluruh pasien memiliki *self-care behavior* dan kualitas hidup yang baik (94,52%). Terdapat pasien dengan kualitas hidup dan *self-care behavior* kurang (2,74%). Pasien dengan *self-care behavior* kurang, tapi kualitas hidup baik (2,74%). *P value* sebesar 0,000 ($p \text{ value} < 0,05$). Berdasarkan hasil penelitian dapat disimpulkan terdapat hubungan yang signifikan antara *self-care behavior* dengan kualitas hidup pasien DM tipe 2. Diharapkan pasien dapat mempertahankan perilaku *self-care* sehingga dapat mengurangi risiko komplikasi dan menjaga kualitas hidup agar tetap baik.

Kata Kunci: *Self-Care Behavior*, Kualitas Hidup, DM Tipe 2

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-CARE BEHAVIOR AND QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES MELLITUS (DM) IN THE WORK AREA OF THE KALIJUDAN HEALTH CENTRE IN SURABAYA CITY

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DM patients who have independence in managing their disease well, can inhibit and prevent physical discomfort due to acute and chronic complications. This is often followed by a decrease in quality of life. The results of previous studies found a relationship between self-care (problem solving, risk / complication reduction) with the quality of life of patients with type 2 diabetes mellitus. Therefore, this study aims to analyze the relationship of self-care behavior with the quality of life of patients with type 2 diabetes mellitus at Kalijudan Health Center. This study used cross-sectional approach. The sampling technique was purposive sampling with a sample size of 73 patients at Kalijudan Health Center. The independent variable is self-care behavior and the dependent variable is quality of life. Data collection used self-care behavior questionnaire developed by the researcher and DQOL questionnaire, and analyzed using Rank Spearman test. The results of this study showed that almost all patients had good self-care behavior and quality of life (94.52%). There were patients with poor quality of life and self-care behavior (2.74%). Patients with poor self-care behavior, but good quality of life (2.74%). P value of 0.000 (p value <0.05). Based on the results of the study, it can be concluded that there is a significant relationship between self-care behavior and the quality of life of patients with type 2 diabetes. It is expected that patients can maintain self-care behavior so as to reduce the risk of complications and maintain a good quality of life.

Keywords: *Self-Care Behavior*, Quality of Life, Type 2 Diabetes Mellitus