

SKRIPSI

**HUBUNGAN EFIKASI DIRI DENGAN MANAJEMEN DIRI PENDERITA
DIABETES MELITUS TIPE 2 DI ERA PANDEMI COVID-19
DI PUSKESMAS ANDALAS PADANG**

Penelitian Keperawatan Medikal Bedah



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**FAKULTAS KEPERAWATAN
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Tingginya angka kematian akibat COVID-19 disebabkan karena penyakit komorbid seperti diabetes melitus (DM) yang sejalan dengan manajemen diri penderita DM tipe 2 yang rendah seperti manajemen diet, aktivitas fisik, monitoring gula darah, manajemen obat, perawatan kaki dan status merokok.. Manajemen diri tidak terlepas dari efikasi diri penderita DM tipe 2 di era pandemi COVID-19. Tujuan penelitian untuk mengetahui hubungan efikasi diri dengan manajemen diri penderita DM tipe 2 di era pandemi COVID-19. Jenis penelitian adalah kuantitatif dengan desain *cross sectional*. Penelitian dilakukan di Puskesmas Andalas Padang pada 22 Februari-31 Maret 2022. Sampel berjumlah 178 penderita DM tipe 2 yang dipilih menggunakan teknik *accidental sampling*. Alat ukur penelitian menggunakan kuesioner *Diabetes Management Self Efficacy Scale* (DMSES) dan kuesioner *Summary of Diabetes Self Care Activities* (SDSCA)-Revised. Analisis data menggunakan *pearson product moment*. Hasil penelitian diperoleh adanya hubungan yang bermakna antara efikasi diri dengan manajemen diri penderita DM tipe 2 di Era Pandemi COVID-19 ($p=0,000$), arah hubungan positif dan kekuatan hubungan sangat kuat ($r=0,995$). Diharapkan pada pelayanan kesehatan agar dapat mengembangkan metode penyuluhan dan konseling berkala yang komprehensif untuk meningkatkan efikasi diri dan manajemen diri penderita DM tipe 2 di era pandemi COVID-19 khususnya perawatan kaki dan kontrol gula darah.

Kata kunci : Diabetes melitus tipe 2, efikasi diri, manajemen diri, COVID-19

Referensi : 71 (2011-2021)

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**THE RELATIONSHIP OF SELF-EFFICACY WITH SELF-MANAGEMENT
OF TYPE 2 DIABETES MELLITUS PATIENT IN THE COVID-19
PANDEMIC ERA AT PUSKESMAS ANDALAS PADANG**

ABSTRACT

The high mortality rate due to COVID-19 is due to comorbid diseases such as diabetes mellitus (DM) which is in line with low self-management of type 2 DM patients such as diet management, physical activity, blood sugar monitoring, drug management, foot care and smoking status. Self-efficacy cannot be separated from the self-efficacy of people with type 2 DM in the era of the COVID-19 pandemic. The purpose of the study was to determine the relationship between self-efficacy and self-management of patients with type 2 DM in the COVID-19 pandemic era. This type of research is quantitative with a cross-sectional design. This research was conducted at the Andalas Padang Health Center in 22 February–31 June 2022. A sample of 178 patients with type 2 DM patients were selected using the accidental sampling technique. The measuring instrument of the study used the Diabetes Management Self Efficacy Scale (DMSES) questionnaire and the Summary of Diabetes Self Care Activities (SDSCA)-Revised questionnaire. Data analysis using Pearson product-moment. The results showed there was a significant relationship between self-efficacy and self-management of patients with type 2 DM in the COVID-19 Pandemic Era ($p=0.000$), the direction of the relationship was positive and the strength of the relationship was very strong ($r=0.995$). It is hoped that health services can develop comprehensive periodic counseling and counseling methods to improve self-efficacy and self-management of people with type 2 DM in the era of the COVID-19 pandemic, especially foot care and blood sugar control.

Keywords: Type 2 diabetes mellitus, self-efficacy, self-management

Reference : 71 (2011-2021)