

## **BAB VII**

### **KESIMPULAN DAN SARAN**

#### **A. Kesimpulan**

Berdasarkan hasil penelitian dan pembahasan sehingga dapat diambil kesimpulan sebagai berikut :

1. Karakteristik pasien DMT2 terbanyak berjenis kelamin perempuan dengan kategori usia lansia akhir (56-65 tahun), tingkat pendidikan SD, tidak bekerja, dengan lama menderita DMT2 5-10 tahun mendapatkan jenis pengobatan OHO (Obat Hipoglikemik Oral) dan mayoritas memiliki riwayat mendapatkan pendidikan kesehatan terkait DMT2.
2. Gambaran self-care berdasarkan domain self-care didapatkan kurang memadai atau masih belum optimal pelaksanaannya dengan nilai *self-care confidance* sebagai nilai rerata tertinggi diantara 4 domain *self-care* dan *self-care management* dengan rerata terendah.
3. Gambaran kontrol glikemik pasien DMT2 didapatkan rerata tekanan darah sistolik dan diastolik mencapai sasaran pengendalian diabetes melitus, namun untuk IMT dan HbA1c dengan rerata belum mencapai sasaran pengendalian DM.
4. Terdapat hubungan simultan 4 komponen *self-care* (*self-care maintenance, monitoring, management* dan *confidence*) terhadap kontrol glikemik (Tekanan darah sistolik) pasien DMT2.
5. Terdapat hubungan simultan 4 komponen *self-care* (*self-care maintenance, monitoring, management* dan *confidence*) terhadap kontrol glikemik (tekanan darah diastolik) pasien DMT2.

6. Terdapat hubungan simultan 4 komponen *self-care* (*self-care maintenance, monitoring, management* dan *confidence*) terhadap kontrol glikemik (IMT) pasien DMT2.
7. Terdapat hubungan simultan 4 komponen *self-care* (*self-care maintenance, monitoring, management* dan *confidence*) terhadap kontrol glikemik (HbA1c) pasien DMT2.
8. Terdapat hubungan komponen *self-care* (*self-care maintenance, monitoring, management* dan *confidence*) melalui kontrol glikemik (HbA1c) terhadap kualitas hidup pasien DMT2. Namun, tekanan darah sistolik, diastolik dan IMT tidak signifikan memediasi hubungan self-care terhadap kualitas hidup. Analisis korelasi di dapatkan *Self-care maintenance* merupakan estimasi sumbangan tertinggi yang mempengaruhi kualitas hidup diikuti dengan *self-care confidence*, *self-care maintenance* dan estimasi terendah yaitu *self-care monitoring*.

## B. Saran

1. Bagi institusi Pelayanan Kesehatan.
  - a. Bagian keperawatan ataupun pemegang kebijakan program di pelayanan kesehatan disarankan dapat memfasilitasi dengan menyediakan program evaluasi rutin kemampuan *self-care* dan kegiatan penyuluhan meningkatkan kesadaran pasien DMT2 pentingnya optimalisasi *self-care maintenance, monitoring, management* dan *confidence* serta kontrol glikemik (HbA1c) sebagai evaluasi jangka panjang perkembangan penyakit dan pencegahan komplikasi pasien

DMT2. Hal tersebut bertujuan dalam memaksimalkan kemampuan pasien dalam melaksanakan *self-care* serta memperluas cakupan layanan.

- b. Penelitian ini juga mengidentifikasi pentingnya peran perawat sebagai edukator dalam memberikan informasi dan pendidikan kesehatan terkait perawatan DMT2 yang berkelanjutan dengan menyediakan layanan konseling rutin setiap kunjungan ke pelayanan kesehatan. Pentingnya pemahaman pelaksanaan *self-care* secara kontinu agar meningkatkan kemampuan pasien DMT2 dalam tindakan *self-care maintenance, monitoring, management* serta memiliki *self-care confidence* yang baik untuk kontrol glikemik yang berdampak terhadap peningkatan kualitas hidup.

## 2. Bagi Pendidikan keperawatan

Hasil penelitian ini diharapkan dapat menambah referensi pengetahuan dan keterampilan mahasiswa keperawatan dalam merancanakan asuhan keperawatan pada pasien DMT2 yang mengalami masalah rendahnya kualitas hidup dengan meningkatkan kemampuan *self-care maintenance, self-care monitoring, self-care management* dan *self-care confidence* serta meningkatkan kontrol glikemik terutama HbA1c pasien DMT2 selain itu, diharapkan hasil penelitian ini menjadi referensi bagi mahasiswa untuk melaksanakan kegiatan pengabdian masyarakat terkait pentingnya kontrol glikemik dan penyuluhan pentingnya optimalisasi pelaksanaan *self-care* (*maintenance, monitoring,*

*management* dan *confidence*) dalam upaya peningkatan kualitas hidup pasien DMT2.

### 3. Bagi Peneliti Selanjutnya

Hasil penelitian ini diharapkan dapat menjadi tambahan referensi terkait korelasi *self-care* terhadap kontrol glikemik dan kualitas hidup pasien DMT2. Peneliti berharap adanya penelitian lanjutan dengan cakupan sampel lebih luas lebih luas dari pemodelan pada penelitian ini yaitu terkait sampel dengan jumlah yang lebih besar dengan melibatkan beberapa Puskesmas maupun Rumah Sakit serta mempertimbangkan kontrol glikemik lainnya yang belum menjadi variabel seperti kadar kolesterol HDL, LDL dan Trigliserida agar dapat menyempurnakan keilmuan yang telah ada.

### 4. Bagi pasien DMT2

Peneliti berharap dengan adanya penelitian ini dapat meningkatkan kesadaran pentingnya perawatan rutin jangka panjang bagi penderita DMT2 sehingga dibutuhkan optimalisasi kemampuan *self-care maintenance, monitoring, management* dan *confidence*. Perilaku *self-care* tidak hanya terbatas pada proses pengobatan yang dilakukan di pelayanan kesehatan terkait konsumsi obat-obatan melainkan aktivitas perawatan diri seperti *self-care maintenance* yang terdiri dari aktivitas fisik teratur, perilaku kepatuhan diet, dan kepatuhan kesehatan, *self-care monitoring* terkait pemantauan status kesehatan dan pengenalan gejala DMT2, *self-care management* terkait pengendalian glukosa, perilaku pemecahan masalah jika terjadi gejala dan perawatan konsultatif dengan tenaga

kesehatan dan *self-confidence* yaitu kepercayaan diri dalam melakukan perawatan diri perlu ditingkatkan agar bepengaruh terhadap kontrol glikemik HbA1c yang berdampak terhadap peningkatan kualitas hidup pasien DMT2.



## DAFTAR PUSTAKA

- Abedini M, Bijari B, Miri Z, Shakhs F, & Abbasi A. (2020). The quality of life of the patients with diabetes type 2 using EQ-5D-5 L in Birjand. *Health and quality of life outcomes [revista en Internet]* 2020 [acceso 15 de noviembre de 2021]; 18(1): 1-9. *Health and quality of life outcome*, 8, 1–9.  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6990543/pdf/12955\\_2020\\_Article\\_1277.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6990543/pdf/12955_2020_Article_1277.pdf)
- ADA. (2019). *American diabetes association standards of medical care in diabetes guidelines update*. 44.
- <https://www.piedmont.org/media/file/PAR-CME-Diabetes-Blair-ADA-Update-2019.pdf>
- Adimuntja, N. P. (2020). *Determinant of self-care activities in type 2 diabetes mellitus patients in labuang baji hospital*. 4(1).
- Al-Amer, R., Ramjan, L., Glew, P., Randall, S., & Salamonson, Y. (2016). Self-efficacy, depression, and self-care activities in adult jordanians with type 2 diabetes: The role of illness perception. *Mental health nursing*, 37(10), 744–755.  
<https://doi.org/10.1080/01612840.2016.1208692>
- Al-Qahtani, A. (2021). Trends in prevalence of diabetes and control of risk factors in diabetes among us adults, 1999-2018. *JAMA*, 8(25;32), 1–3.  
<https://doi.org/10.1001/jama.2021.9883>
- Alavi, M., Molavi, H., & Molavi, R. (2017). The impact of cognitive behavioral therapy on self-esteem and quality of life of hospitalized amputee elderly patients. *Nursing and midwifery studies*, 6(4), 162.  
[https://doi.org/10.4103/nms.nms\\_46\\_17](https://doi.org/10.4103/nms.nms_46_17)
- Alemayehu, A. M., Dagne, H., & Dagnew, B. (2020). Knowledge and associated factors towards diabetes mellitus among adult non-diabetic community members of Gondar city Ethiopia. *PLoS ONE*, 15(3), 1–12.  
<https://doi.org/10.1371/journal.pone.0230880>
- Alligood, M. R. (2014). (2014). *Nursing theory & their work* ((8 th ed)).

The CV Mosby Company St. Louis. Toronto. Missouri: Mosby Elsevier. Inc.

American Association of Diabetes Educators. (2019). Cultural and health literacy considerations with diabetes. *American association of diabetes educators, Chicago, IL*, 1–10.

<https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/cultural-and-health-literacy-considerations-with-diabetes.pdf?sfvrsn=2>

American Association of Diabetes Educators. (2020). An effective model of diabetes care and education: Revising the AADE7 self-care behaviors. *Diabetes educator*, 46(2), 139–160.

<https://doi.org/10.1177/0145721719894903>

American Diabetes Association. (2019). *Introduction : Standards of medical care in diabetes-2019*. 42(January), 2018–2019.

American Diabetes Association. (2020). Glycemic targets: Standards of medical care in diabetes-2020. *Diabetes care*, 43(January), S66–S76.

<https://doi.org/10.2337/dc20-S006>

American Diabetes Association. (2022). Standards of medical care in diabetes abridged for primary care providers. *Clinical diabetes*, 33(2), 97–111. <https://doi.org/10.2337/diaclin.33.2.97>

Apriyan, N., Kridawati, A., & W. Rahardjo, T. B. (2020). Hubungan diabetes mellitus tipe 2 dengan kualitas hidup pralansia dan lansia pada kelompok prolans. *Jurnal untuk masyarakat sehat (JUKMAS)*, 4(2), 144–158. <https://doi.org/10.52643/jukmas.v4i2.1028>

Arania, R., Triwahyuni, T., Esfandiari, F., & Nugraha, F. R. (2021). Hubungan antara usia, jenis kelamin, dan tingkat pendidikan dengan kejadian diabetes mellitus di Klinik Mardi Waluyo Lampung Tengah. *Jurnal medika malahayati*, 5(3), 146–153. <https://doi.org/10.33024/jmm.v5i3.4200>

Arda, Z. A., Hanapi, S., Paramata, Y., & Ngobuto, A. R. (2020). Kualitas hidup penderita diabetes mellitus dan determinannya di Kabupaten Gorontalo. *Jurnal promotif preventif*, 3(1), 14–21.

- <https://doi.org/10.47650/jpp.v3i1.145>
- Aschalew, A. Y., Yitayal, M., & Minyihun, A. (2020). Health-related quality of life and associated factors among patients with diabetes mellitus at the University of Gondar referral hospital. [revista en Internet] 2020 [acceso 13 de agosto de 2020]; 62: 1-8. *Health and quality of life outcome*, 5, 1-8. <https://hqlo.biomedcentral.com/articles/10.1186/s12955-020-01311-5>
- Ausili, D., Barbaranelli, C., Rossi, E., Rebora, P., Fabrizi, D., Coghi, C., Luciani, M., Vellone, E., Di Mauro, S., & Riegel, B. (2017). Development and psychometric testing of a theory-based tool to measure self-care in diabetes patients: The Self-Care of Diabetes Inventory. *BMC endocrine disorders*, 17(1), 1-12. <https://doi.org/10.1186/s12902-017-0218-y>
- Aziz, P. (2016). Pengaruh Pendidikan kesehatan terhadap pengetahuan dan sikap tentang pengelolaan diet diabetes melitus Di Puskesmas Boyolali. *Ucv*, I(02), 0-116. <http://dspace.unitru.edu.pe/bitstream/handle/UNITRU/10947/MiñanoGuevara%2CKarenAnali.pdf?sequence=1&isAllowed=y%0Ahttps://repository.upb.edu.co/bitstream/handle/20.500.11912/3346/diversidaddemacroinvertebrados acuáticos y su.pdf?sequence=1&isallowed=>
- Banerjee, M., Chakraborty, S., & Pal, R. (2020). Diabetes self-management amid COVID-19 pandemic. *Diabetes and metabolic syndrome: Clinical research and reviews*, 14(4), 351-354. <https://doi.org/10.1016/j.dsx.2020.04.013>
- Boye, K. S., Lage, M. J., Shinde, S., Thieu, V., & Bae, J. P. (2021). Trends in hba1c and body mass index among individuals with type 2 diabetes: evidence from a us database 2012–2019. *Diabetes therapy*, 12(7), 2077-2087. <https://doi.org/10.1007/s13300-021-01084-0>
- BPS. (2018). Jumlah penduduk perempuan mulai 2032 lebih banyak dari laki-laki. *Databoks, Supas*, 2062. <https://databoks.katadata.co.id/datapublish/2018/10/22/jumlah-penduduk-perempuan-mulai-2032-lebih-banyak-dari-laki-laki>

- British Columbia Ministry of Health. (2011). *Annual service plan report 2011/2012*.
- Buck, H. G., Shadmi, E., Topaz, M., & Sockolow, P. S. (2021). An integrative review and theoretical examination of chronic illness mHealth studies using the middle-range theory of self-care of chronic illness. *Research in nursing and health*, 44(1), 47–59. <https://doi.org/10.1002/nur.22073>
- Burroughs, T. E., Desikan, R., Waterman, B. M., Gilin, D., & McGill, J. (2004). Development and validation of the diabetes quality of life brief clinical inventory. *Diabetes spectrum*, 17(1), 41–49. <https://doi.org/10.2337/diaspect.17.1.41>
- Chadir. (2018). Hubungan kepatuhan diet dengan kualitas hidup pada penderita diabetes melitus. *'Afiyah*, 5(2), 33. <http://www.ejournal.stikesyarsi.ac.id/index.php/JAV1N1/article/view/170%0>
- Chadir, R., Wahyuni, A. S., & Furkhani, D. W. (2017). Hubungan self care dengan kualitas hidup pasien diabetes melitus. *Jurnal endurance*, 2(2), 132. <https://doi.org/10.22216/jen.v2i2.1357>
- Chali, S. W., Salih, M. H., & Abate, A. T. (2018). Self-care practice and associated factors among diabetes mellitus patients on follow up in Benishangul Gumuz Regional State Public Hospitals, Western Ethiopia: A cross-sectional study. *BMC research notes*, 11(1), 1–8. <https://doi.org/10.1186/s13104-018-3939-8>
- Chusmeywati. (2016). *Hubungan dukungan keluarga terhadap kualitas hidup penderita diabetes melitus di RS PKU Muhammadiyah Yogyakarta Unit II*. 3.
- Cunningham, A. T., Crittendon, D. R., White, N., Mills, G. D., Diaz, V., & Lanoue, M. D. (2018). The effect of diabetes self-management education on HbA1c and quality of life in African-Americans: A systematic review and meta-analysis. *BMC health services Research*, 18(1). <https://doi.org/10.1186/s12913-018-3186-7>

- Decroli, E. (2019). *diabetes melitus Tipe 2* (G. P. D. A. R. Kam, Yanne Pradwi Efendi (ed.)).  
<http://library1.nida.ac.th/termpaper6/sd/2554/19755.pdf>
- Dehghan, H., Charkazi, A., Kouchaki, G. M., Zadeh, B. P., Dehghan, B. A., Matlabi, M., Mansourian, M., Qorbani, M., Safari, O., Pashaei, T., & Mehr, B. R. (2017). General self-efficacy and diabetes management self-efficacy of diabetic patients referred to diabetes clinic of Aq Qala, North of Iran. *Journal of Diabetes and Metabolic Disorders*, 16(1), 10–14.  
<https://doi.org/10.1186/s40200-016-0285-z>
- Dewi, Rosliana, Panduragan, S. L., Umar, N. S., Melinda, F., & Budhiana, J. (2022). The effect of religion, self-care, and coping mechanisms on quality of life in diabetes mellitus patients. *Jurnal Keperawatan Padjadjaran*, 10(1), 58–65. <https://doi.org/10.24198/jkp.v10i1.1971>
- Diabetes Association American. (2018). Standards of medical care . *The Jurnal of Clinical Applied Research and Education*, 33(Supplement\_1), 1–24.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2797382/>&t ool=pmcentrez&rendertype=abstract
- Dinas Kesehatan Kota Padang. (2021). *profil kesehatan tahun 2020*.
- Dinas Kesehatan Sumatera Barat. (2019). Riset kesehatan dasar Provinsi Sumatera Barat. In *Laporan Riskesdas Nasional 2018*.
- Fabrizi, D., Rebora, P., Luciani, M., Di Mauro, S., Valsecchi, M. G., & Ausili, D. (2020). How do self-care maintenance, self-care monitoring, and self-care management affect glycated haemoglobin in adults with type 2 diabetes? A multicentre observational study. *Endocrine*, 69(3), 542–552.  
<https://doi.org/10.1007/s12020-020-02354-w>
- Farahani, M., Purfarzad, Z., Ghorbani, M., Ghamari Zare, Z., & Ghorbani, F. (2016). The impact of multimedia software support on the knowledge and self-care behaviors of patients with type 2 diabetes: a Randomized Clinical Trial. *Journal of Caring Sciences*, 5(2), 111–120.

- <https://doi.org/10.15171/jcs.2016.012>
- Farinha, F. T., Nahara, B., Oliveira, D. De, Felipe, S., & Santos, C. (2020). *Self-care activities in patients with type 2 diabetes mellitus : A cross-sectional study.* 1–7.
- Farquahar. (1995). Erderly people definition of quality of life,social science and medicine. *Erderly People Definition of Quality of Life,Social Science and Medicine*, 41, 1436–1446.
- Frisca, S., Redjeki, G. S., & Supardi, S. (2020). Efektivitas edukasi terhadap perilaku perawatan kaki pasien diabetes mellitus. *Carolan Journal of Nursing*, 1(2), 125–137. <https://doi.org/10.37480/cjon.v1i2.19>
- Galicia-Garcia, U., Benito-Vicente, A., Jebari, S., Larrea-Sebal, A., Siddiqi, H., Uribe, K. B., Ostolaza, H., & Martín, C. (2020). Pathophysiology of type 2 diabetes mellitus. *International Journal of Molecular Sciences*, 21(17), 1–34. <https://doi.org/10.3390/ijms21176275>
- Ghozuali, I. (2018). *Aplikasi analisis multivariate dengan program IBM SPSS 25.* UNDIP.
- Goodall, R. J., Ellauzi, J., Tan, M. K. H., Onida, S., Davies, A. H., & Shalhoub, J. (2020). Impact of foot care education on self efficacy and self care in patients with diabetes. *European Journal of Vascular and Endovascular Surgery*, 60(2), 282–292. <https://doi.org/10.1016/j.ejvs.2020.03.053>
- Guo, Z., Liu, L., Yu, F., Cai, Y., Wang, J., Gao, Y., & Ping, Z. (2021). The causal association between body mass index and type 2 diabetes mellitus. *Diabetes Metabolism Research and Reviews*, 37(8). <https://doi.org/10.1002/dmrr.3455>
- Gupta, S. K., Lakshmi, P. V. M., Rastogi, A., & Kaur, M. (2021). Development and evaluation of self-care intervention to improve self-care practices among people living with type 2 diabetes mellitus: A mixed-methods study protocol. *BMJ Open*, 11(7), 1–9. <https://doi.org/10.1136/bmjopen-2020-046825>
- Gustimigo, Z. P. (2015). Kualitas tidur penderita diabetes melitus. *Fakultas Kedokteran Universitas Lampung*, 4(8), 133–138.

- Hartini, E. &. (2018). *Meningkatkan kualitas hidup lansia konsep dan barbagai intervensi*. Wineka Media.
- Hur, K. Y., Moon, M. K., Park, J. S., Kim, S. K., Lee, S. H., Yun, J. S., Baek, J. H., Noh, J., Lee, B. W., Oh, T. J., Chon, S., Yang, Y. S., Son, J. W., Choi, J. H., Song, K. H., Kim, N. H., Kim, S. Y., Kim, J. W., Rhee, S. Y., ... Ko, S. H. (2021). Clinical practice guidelines for diabetes mellitus in Korea. *Diabetes and Metabolism Journal*, 45(4), 461–481.  
<https://doi.org/10.4093/DMJ.2021.0156>
- IDF. (2021). International Diabetes Federation. In *Diabetes Research and Clinical Practice* (Vol. 102, Issue 2).  
<https://doi.org/10.1016/j.diabres.2013.10.013>
- Indelicato, L., et al. (2017). Psychological distress, self-efficacy, and glycemic control in type 2. *Nutr Metab Cardiovasc Di*, 4, 300–306.
- Irianto, K. (2017). *Anatomi dan Fisiologi* (Edisi Revi). Alfabeta, CV.
- Ishwari Adhikari, B., & Santosh, B. (2021). Self-care Management among patients with type 2 diabetes mellitus in Tanahun, Nepal. *Archives of Community Medicine and Public Health*, 7, 037–042.  
<https://doi.org/10.17352/2455-5479.000131>
- Iyengar, J. J., Johnson, M., Khairi, S., Fennelly, J. E., & Wyckoff, J. (2021). Improving the quality of blood pressure measurements in an outpatient diabetes clinic. *BMJ Open Quality*, 10(1).  
<https://doi.org/10.1136/bmjoq-2020-000917>
- Jamalludin, M. (2019). Analisis kualitas tidur pada pasien diabetes mellitus tipe 2. *Jurnal Ilmiah Kesehatan Pencerah*, 08(2), 87–92.  
<https://stikesmu-sidrap.e-journal.id/JIKP/article/view/138>
- Jayanti, K. D., & Fitriyani, N. (2022). Diabetes mellitus patients characteristic at Semen Health Center. *Jurnal Riset Pengembangan Dan Pelayanan Kesehatan*, 1(1), 1–8.
- Jones, C., Jhensen, J., Scherr, C., & Brown, N. (2018). The health belief model as an explanatory framework in communication research: *Artnodes*, 2018(21), 154–176. <https://doi.org/10.7238/a.v0i21.3154>

- Julianti, I. M. D. (2021). Hubungan antara kadar gula darah dengan tekanan darah pada pasien diabetes melitus tipe II. *Indonesian Journal of Pharmacy*, 4(2), 93–101.
- Kemenkes. (2017a). Ayo Bergerak Lawan Obesitas. In *Kementerian Kesehatan Republik Indonesia* (p. 37). <http://p2ptm.kemkes.go.id>
- Kemenkes. (2017b). Pedoman dan standar etik penelitian dan pengembangan kesehatan nasional. *Kementerian Kesehatan RI*, 1–158. <http://www.depkes.go.id/article/view/17070700004/program-indonesiasehat-dengan-pendekatan-keluarga.html>
- Kementerian Kesehatan RI. (2017). Makanan pokok (sumber karbohidrat). In *Kementerian Kesehatan RI* (pp. 1–16). [www.kesmas.kemkes.go.id](http://www.kesmas.kemkes.go.id)
- Kementerian kesehatan republik indonesia. (2020). Tetap produktif, cegah dan atasi diabetes mellitus. In *pusat data dan informasi kementerian kesehatan RI*.
- Khasanah, G. rahmatul. (2021). *Faktor-faktor yang mempengaruhi kualitas hidup pasien diabetes mellitus: literature review*.
- Kim Hye Young, Ju-Hee Nho, Ji Young Kim, S. R. K. (2021). Validity and reliability of the Korean version of the world health organization quality of life instrument-older adults module. *Geriatric Nursing*, 42(2), 548–554. <https://doi.org/10.1016/j.gerinurse.2020.10.006>
- Kong, S. Y., & Cho, M. K. (2021). Validity and reliability of the korean version of the self-care of diabetes inventory (SCODI-K). *International Journal of Environmental Research and Public Health*, 18(22). <https://doi.org/10.3390/ijerph182212179>
- Krzemińska, S., Lomper, K., Chudiak, A., Ausili, D., & Uchmanowicz, I. (2021). The association of the level of self-care on adherence to treatment in patients diagnosed with type 2 diabetes. *Acta Diabetologica*, 58(4), 437–445. <https://doi.org/10.1007/s00592-020-01628-z>
- Kugbey, N., Oppong Asante, K., & Adulai, K. (2017). Illness perception, diabetes knowledge and self-care practices among type-2 diabetes patients: A cross-sectional study. *BMC Research Notes*, 10(1), 1–7.

- <https://doi.org/10.1186/s13104-017-2707-5>
- Laiteerapong, N., Ham, S. A., Gao, Y., Moffet, H. H., Liu, J. Y., Huang, E. S., & Karter, A. J. (2019). The legacy effect in type 2 diabetes: Impact of early glycemic control on future complications (the Diabetes & Aging study). *Diabetes Care*, 42(3), 416–426.
- <https://doi.org/10.2337/dc17-1144>
- Lippmann, J., Fock, A., & Arulanandam, S. (1997). Cerebral arterial gas embolism with delayed treatment and a fatal outcome in a 14-year-old diver. *Diving and Hyperbaric Medicine*, 41(1), 31–34.
- Lu, Y., Xu, J., Zhao, W., & Han, H. R. (2016). Measuring Self-Care in Persons With Type 2 Diabetes: A Systematic Review. *Evaluation and the Health Professions*, 39(2), 131–184.
- <https://doi.org/10.1177/0163278715588927>
- Luthfa, I. (2019). Implementasi selfcare activity penderita diabetes mellitus di wilayah Puskesmas Bangetayu Semarang. *Buletin Penelitian Kesehatan*, 47(1), 23–28. <https://doi.org/10.22435/bpk.v47i1.779>
- Luthfa, I., & Fadhilah, N. (2019). Self management menentukan kualitas hidup pasien diabetes mellitus. *Jurnal Endurance*, 4(2), 402.
- <https://doi.org/10.22216/jen.v4i2.4026>
- Lyu, Q. yuan, Huang, J. wei, Li, Y. xia, Chen, Q. ling, Yu, X. xue, Wang, J. le, & Yang, Q. hong. (2021). Effects of a nurse led web-based transitional care program on the glycemic control and quality of life post hospital discharge in patients with type 2 diabetes: A randomized controlled trial. *International Journal of Nursing Studies*, 119, 103929.
- <https://doi.org/10.1016/j.ijnurstu.2021.103929>
- Mansouri, D., Alawi, H., Barasyn, K., Bnnounh, M., Haddad, N., AlHafdey, D., & Khayat, E. (2015). Self-monitoring of blood glucose among diabetic patients attending Al-Eskan Primary Health Care Center in Makkah Al-Mukarramah city. *International Journal of Medical Science and Public Health*, 4(4), 527.
- <https://doi.org/10.5455/ijmsph.2015.25012015109>
- Manuntung, A. (2018). Analisis keyakinan diri pasien diabetes mellitus tipe

- 2 Dalam Pengelolaan Diabetes Mellitus. *Jurnal Kesehatan Manarang*, 3(1), 31. <https://doi.org/10.33490/jkm.v3i1.32>
- Mohan, V., Mapari, J. A., Karnad, P. D., Mann, J. S., & Maheshwari, V. K. (2018). Reduced diabetes mellitus-related comorbidities by regular self-monitoring of blood glucose: Economic and quality of life implications. *Indian Journal of Endocrinology and Metabolism*, 22(4), 461–465. [https://doi.org/10.4103/ijem.IJEM\\_216\\_17](https://doi.org/10.4103/ijem.IJEM_216_17)
- Naha, S., Gardner, M., Khangura, D., Kurukulasuriya, R., & Sowers, J. (2021). *Hypertension in Diabetes* (Vol. 836, pp. 1–21).
- Nanayakkara, N., Curtis, A. J., Heritier, S., Gadowski, A. M., Pavkov, M. E., Kenealy, T., Owens, D. R., Thomas, R. L., Song, S., Wong, J., Chan, J. C. N., Luk, A. O. Y., Penno, G., Ji, L., Mohan, V., Amutha, A., Romero-Aroca, P., Gasevic, D., Magliano, D. J., ... Zoungas, S. (2021). Impact of age at type 2 diabetes mellitus diagnosis on mortality and vascular complications: systematic review and meta-analyses. *Diabetologia*, 64(2), 275–287. <https://doi.org/10.1007/s00125-020-05319-w>
- Narwaman. (2019). Perawatan Kaki Diabetes Merupakan Langkah Utama Untuk Mencegah Luka Kaki Diabetes. *Jurnal Keperawatan*, 3.
- Nguyen, T. P. L., Edwards, H., Do, T. N. D., & Finlayson, K. (2019). Effectiveness of a theory-based foot care education program (3STEPFUN) in improving foot self-care behaviours and foot risk factors for ulceration in people with type 2 diabetes. *Diabetes Research and Clinical Practice*, 152, 29–38. <https://doi.org/10.1016/j.diabres.2019.05.003>
- Notoatmodjo, S. (2010). *Ilmu Perilaku Kesehatan*. Rineka Cipta.
- Nuari, N. A. (2020). Correlation of Diabetes Burnout Syndrome and. *Borneo Bursing Jurnal*, 2(1), 25–30.
- Nurhidayah, T., Diana, N., & Agustina, R. (2019). Managemen Kepatuhan Diet Guna Meningkatkan Kualitas Hidup Pasien Diabetes Mellitus Tipe 2. *Dunia Keperawatan*, 7(1), 1–6.
- Oluchi, S. E., Manaf, R. A., Ismail, S., Kadir Shahar, H., Mahmud, A., &

- Udeani, T. K. (2021). Health related quality of life measurements for diabetes: A systematic review. *International Journal of Environmental Research and Public Health*, 18(17), 1–19.  
<https://doi.org/10.3390/ijerph18179245>
- Ong-Artborirak, P., & Seangpraw, K. (2019). Association between self-care behaviors and quality of life among elderly minority groups on the border of Thailand. *Journal of Multidisciplinary Healthcare*, 12, 1049–1059. <https://doi.org/10.2147/JMDH.S227617>
- Pahlawati, A., & Nugroho, P. S. (2019). Hubungan tingkat pendidikan dan usia dengan kejadian diabetes melitus di Wilayah Kerja Puskesmas Palaran Kota Samarinda. *Borneo Student Research (BSR)*, 1(1), 1–5. <http://journals.umkt.ac.id/index.php/bsr/article/view/479>
- Parker, M. E., & Smith, M. C. (2010). *Nursing Theories & nursing practice* (3rd ed). F. A. Davis Company.
- PERKENI. (2021). Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia. In *PB PERKENI*. [www.ginasthma.org](http://www.ginasthma.org).
- Permana, H., Liem, M. V., & Soetedjo, N. N. M. (2021). Validation of the indonesian version of the asian diabetes quality of life questionnaire. *Acta Medica Indonesiana*, 53(2), 143–148.
- Popoviciu, M. S., Marin, V. N., Vesa, C. M., Stefan, S. D., Stoica, R. A., Serafinceanu, C., Merlo, E. M., Rizvi, A. A., Rizzo, M., Busnatu, S., & Stoian, A. P. (2022). Correlations between diabetes mellitus self-care activities and glycaemic control in the adult population : A cross-sectional study.
- Prakash, R., Abute, L., Erchafo, B., Tadesse, T., Kedir, T., & Gizachew, A. (2021). Self-care behavior and associated factors among patients with Type 2 Diabetes in Hossana, Southern Ethiopia: *The Health Belief Model Perspective*.  
<https://www.researchsquare.com/article/rs-508773/latest.pdf>
- Pratama, P., Indra, I. D. G., Wirawati, I. A. P., & Mahartini, N. N. (2019). Hubungan kadar gula darah dengan hipertensi pada pasien diabetes mellitus tipe 2 di RSUP Sanglah. *Intisari Sains Medis*, 10(3), 797–800.

<https://doi.org/10.15562/ism.v10i3.482>

Reny. (2017). Hubungan Self Care Dengan Kualitas Hidup Pasien Diabetes Melitus di wilayah kerja Puskesmas Tigo Baleh. *Jurnal Ilmu Keperawatan*.

Ridderstråle, M., Evans, L. M., Jensen, H. H., Bøgelund, M., Jensen, M. M., Ericsson, Å., & Jendle, J. (2016). Estimating the impact of changes in HbA1c, body weight and insulin injection regimen on health related quality-of-life: A time trade off study. *Health and Quality of Life Outcomes*, 14(1), 1–10. <https://doi.org/10.1186/s12955-016-0411-0>

Riegel, B. (2012). *Teori Jangka Menengah tentang Perawatan Diri untuk Penyakit Kronis*. 194–204.

Riegel, B., Jaarsma, T., Lee, C. S., & Strömberg, A. (2019). Integrating symptoms into the middle-range theory of self-care of chronic illness. *Advances in Nursing Science*, 42(3), 206–215.  
<https://doi.org/10.1097/ANS.0000000000000237>

Riegel, B., Jaarsma, T., & Strömberg, A. (2012). A middle-range theory of self-care of chronic illness. *Advances in Nursing Science*, 35(3), 194–204. <https://doi.org/10.1097/ANS.0b013e318261b1ba>

Riegel, B., Westland, H., Iovino, P., Barelds, I., Bruins Slot, J., Stawnychy, M. A., Osokpo, O., Tarbi, E., Trappenburg, J. C. A., Vellone, E., Strömberg, A., & Jaarsma, T. (2021). Characteristics of self-care interventions for patients with a chronic condition: A scoping review. *International Journal of Nursing Studies*, 116, 103713.  
<https://doi.org/10.1016/j.ijnurstu.2020.103713>

Roifah, I. (2017). Analisis hubungan lama menderita diabetes mellitus dengan kualitas hidup penderita diabetes mellitus. *Jurnal Ilmu Kesehatan*, 4(2), 7. <https://doi.org/10.32831/jik.v4i2.84>

Saqila, R. L., & Muflihatin, S. K. (2021). Hubungan Pengetahuan Dengan Manajemen Diri Pada Penderita Diabetes. *Borneo Student Research*, 2(2), 872–878.

Sari, C. W. M., & Yamin, A. (2018). Edukasi Berbasis Masyarakat Diabetes Melitus Tipe 2. *Media Karya Kesehatan*, 1(1), 29–38.

- <https://doi.org/10.24198/mkk.v1i1.17127>
- Schweyer, L. (2017). Diabetes and quality of life. *Revue de l'Infirmiere*, 64(211), 45–46. <https://doi.org/10.1016/j.revinf.2015.02.017>
- Scott, E. S., Jenkins, A. J., & Fulcher, G. R. (2020). Challenges of diabetes management during the COVID-19 pandemic. *Medical Journal of Australia*, 213(2), 56-57.e1. <https://doi.org/10.5694/mja2.50665>
- Sepdianto, T. C., Kustinnasari, D., & Sunarno, I. (2019). Pelaksanaan self monitoring of blood glucose pada pasien diabetes mellitus tipe 2 di RSUD Mardi Waluyo Kota Blitar. *Jurnal Keperawatan Malang*, p-ISSN 2088-6098, e-ISSN 2550-0538, 4(1), 49–56.
- Sherwani, S. I., Khan, H. A., Ekhzaimy, A., Masood, A., & Sakharkar, M. K. (2016). Significance of HbA1c test in diagnosis and prognosis of diabetic patients. *Biomarker Insights*, 11, 95–104.  
<https://doi.org/10.4137/Bmi.s38440>
- Shi, G., Zhu, N., Qiu, L., Yan, H., Zeng, L., Wang, D., Dang, S., Li, Z., Kang, Y., Chen, T., & Li, C. (2021). Impact of the 2020 china diabetes society guideline on the prevalence of diabetes mellitus and eligibility for antidiabetic treatment in China. *International journal of general medicine*, 14(October), 6639–6645.  
<https://doi.org/10.2147/IJGM.S331948>
- Sia, H. K., Kor, C. T., Tu, S. Te, Liao, P. Y., & Wang, J. Y. (2021). Self-monitoring of blood glucose in association with glycemic control in newly diagnosed non-insulin-treated diabetes patients: a retrospective cohort study. *Scientific Reports*, 11(1), 1–9.  
<https://doi.org/10.1038/s41598-021-81024-x>
- Smeltzer, suzanne C., & Bare, B. G. (2013). *Buku Ajar Keperawatan Medikal Bedah Volume 1*. Brunner and Suddarth. EGC.
- Sucipto, A., Puspaningtyas, D. E., Nekada, C. D. ., & Sari, P. M. (2022). Pelatihan dan pendampingan kader tentang self monitoring of blood glucose (smbg) dalam upaya deteksi dini dan menciptakan warga bebas dm. *Jurnal pengabdian pada masyarakat*, 7(1), 148–156.  
<https://doi.org/10.30653/002.202271.43>

- Sudaryono. (2018). *Metode Penelitian (Kuantitatif, Kualitatif, dan Mix Method* (Kedua). PT RajaGeafindo Persada.
- Sugiyono. (2016). *Metode Penelitian (kuantitatif, kualitatif dan R&D)* (Ke-3). Alfabeta, CV.
- Suiraka, I. putu. (n.d.). *Mengenal mencegah dan mengurangi faktor risiko penyakit degeneratif*. Nuha Medika.
- Suryana, S., & Fitri, Y. (2017). Hubungan aktivitas fisik dengan IMT dan komposisi lemak tubuh. *Acti on: Aceh nutrition journal*, 2(2), 114. <https://doi.org/10.30867/action.v2i2.64>
- Świątoniowska-Lonc, N., Polański, J., Tański, W., & Jankowska-Polańska, B. (2021). Impact of cognitive impairment on adherence to treatment and self-care in patients with type 2 diabetes mellitus. *Diabetes, metabolic syndrome and obesity: Targets and therapy*, 14, 193–203. <https://doi.org/10.2147/DMSO.S284468>
- Tandra. (2017). *Panduan lengkap mengenal dan mengatasi diabetes dengan cepat dan mudah*. PT Gramedia Pustaka Utama.
- Tharek, Z., Ramli, A. S., Whitford, D. L., Ismail, Z., Mohd Zulkifli, M., Ahmad Sharoni, S. K., Shafie, A. A., & Jayaraman, T. (2018). Relationship between self-efficacy, self-care behaviour and glycaemic control among patients with type 2 diabetes mellitus in the Malaysian primary care setting. *BMC family practice*, 19(1), 1–10. <https://doi.org/10.1186/s12875-018-0725-6>
- Tusa, B. S., Geremew, B. M., & Tefera, M. A. (2020). Heath related quality of life and associated factors among adults with and without diabetes in Adama city East Shewa, Ethiopia. *Health and quality of life outcomes*, 18(1), 1–13. <https://doi.org/10.1186/s12955-020-01337-9>
- Uchmanowicz, I., Krzemińska, S., Ausili, D., Luciani, M., & Lisiak, M. (2020). Polish adaptation of the self-care of diabetes inventory (SCODI). *Patient preference and adherence*, 14, 1341–1350. <https://doi.org/10.2147/PPA.S253444>
- Wang, M., & Hng, T. M. (2021). HbA1c: More than just a number. *Australian journal of general practice*, 50(9), 628–632.

<https://doi.org/10.31128/AJGP-03-21-5866>

WHO. (1996). WHOQOL-BREF : Introduction, administration, scoring and generic version of the assessment : field trial version, December. In *World Health Organization* (pp. 1–16).

<http://apps.who.int/iris/bitstream/handle/10665/63529/WHOQOLBRE F.pdf?sequence=1&isAllowed=y>

WHO. (2020). Diagnosis and management of type 2 diabetes. *Atencion Primaria*, 42(SUPPL. 1), 2–8.

[https://doi.org/10.1016/S0212-6567\(10\)70002-0](https://doi.org/10.1016/S0212-6567(10)70002-0)

Winta, A. E., Setiyorini, E., & Wulandari, N. A. (2018). The correlation of blood glucose level and blood pressure of elderly with type 2 diabetes . *Jurnal ners dan kebidanan*, 5(2), 163–171.

<https://doi.org/10.26699/jnk.v5i2.ART.p163>

Wirda, W., Irwan, A., & Saleh, A. (2019). Hubungan antara self-care dan kontrol glikemik (hba1c) pada pasien dengan diabetes melitus tipe 2. *Jurnal Keperawatan muhammadiyah*, 74–80.

[https://scholar.google.co.id/scholar?start=20&q=cerita+dengan+teman+kontrol+perilaku+alkohol+2019&hl=id&as\\_sdt=0,5](https://scholar.google.co.id/scholar?start=20&q=cerita+dengan+teman+kontrol+perilaku+alkohol+2019&hl=id&as_sdt=0,5)

World Health Organization. (2021, November 10). *Diabetes*. 1.

<https://www.who.int/news-room/fact-sheets/detail/diabetes>

Wulandari, I. A. T., Herawati, S., & Wande, I. N. (2020). Program studi sarjana kedokteran dan profesi dokter, fakultas kedokteran universitas udayana 2 departemen patologi klinik fakultas kedokteran universitas udayana i. *Jurnal medika udayana*, 9(1), 71–75.

Zulkarnaini, A., & Kusnadi, D. T. (2020). Kadar HbA1C pada pasien diabetes melitus tipe 2 dengan komplikasi neuropati diabetik di rsi siti rahmah padang tahun 2019-2020. *Baiturrahmah medical journal*, 1(2), 32–36.