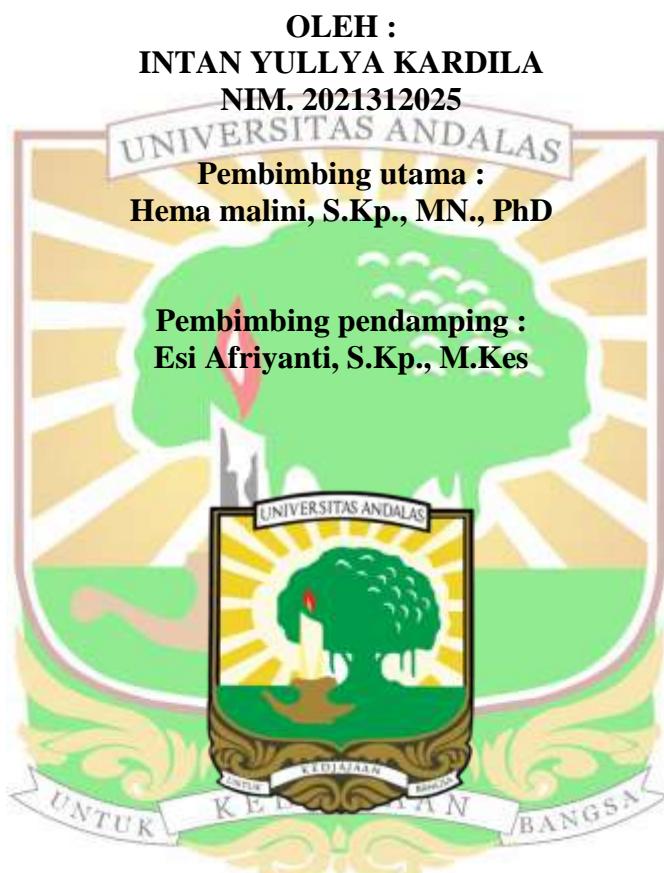


**KORELASI SELF-CARE TERHADAP KONTROL
GLIKEMIK DAN KUALITAS HIDUP PADA PASIEN
DIABETES
MELITUS TIPE II**

REPOSITORY



**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
PADANG 2023**

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
NOVEMBER 2022**

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**Korelasi *Self-Care* Terhadap Kontrol Glikemik Dan Kualitas Hidup
Pada Pasien Diabetes Melitus Tipe II**

Xiv + 259 hal + 13 tabel + 17 lampiran + 4 skema

ABSTRAK

Penurunan kualitas hidup pasien DMT2 dapat disebabkan oleh kebutuhan perawatan jangka panjang yang harus dijalani pasien DMT2, gejala yang muncul ketika kadar gula darah tidak stabil serta adanya komplikasi yang dapat timbul akibat dari penyakit DMT2 dalam rentang waktu yang singkat. Kualitas hidup pasien DMT2 dapat ditingkatkan dengan kontrol glikemik yang baik melalui penatalakasanaan dan manajemen diri (*Self-care*) yang baik dalam membantu pasien mengelola kondisi pasien DMT2. Tujuan penelitian ini menjelaskan korelasi *self-care* melalui kontrol glikemik terhadap kualitas hidup pada pasien DMT2. Penelitian ini merupakan penelitian kuantitatif dengan metode *cross sectional study* dengan jumlah sampel yaitu 128 responden. Hasil penelitian didapatkan rerata *self-care* yang terdiri dari *self-care maintenance* 60,68, *self-care monitoring* 48,97 *self-care management* 40,25, dan *self-care confidence* 65,66. Rerata kontrol glikemik tekanan darah sistolik 132,48, tekanan darah diastolik 74,87, IMT 24,4 dan HbA1c 8,28 dan rerata kualitas hidup 51,59. Pada penelitian ini didapatkan korelasi 4 domain *self-care* melalui kontrol glikemik (HbA1c) terhadap kualitas hidup pasien DMT2 ($p<0.05$). Tekanan darah sistolik, diastolik dan IMT tidak signifikan sebagai variabel mediasi hubungan *self-care* terhadap kualitas hidup ($p>0.05$). Diharapkan hasil penelitian ini sebagai acuan dalam meningkatkan *self-care maintenance, monitoring, management* dan *confidence* sebagai upaya pengendalian kontrol glikemik (HbA1c) yang berdampak terhadap pencegahan perburukan kondisi dan peningkatan kualitas hidup pasien DMT2.

Kata Kunci : Self-care, Diabetes melitus tipe 2, kontrol glikemik, kualitas

hidup

Daftar Pustaka : 126 (2011-2022)

**NURSING FACULTY
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NOVEMBER 2022**

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**Self-Care Correlation of Glycemic Control and Quality of Life in Type
II Diabetes Mellitus Patients**

Xi + 259 pages + 13 table + 12 appendixes + 4 scheme

ABSTRACT

The decrease in the quality of life of DMT2 patients can be caused by the need for long-term care that must be lived by DMT2 patients, symptoms that appear when blood sugar levels are unstable and complications that can arise as a result of DMT2 disease in a short span of time. The quality of life of DMT2 patients can be improved by good glycemic control through good management and self-care in helping patients manage their condition. The purpose of this study is to explain the correlation of self-care through glycemic control on quality of life in T2DM patients. This research is a quantitative study with a cross sectional study method with a total sample of 128 respondents. The results showed that the average self-care consisted of self-care maintenance 60.68, self-care monitoring 48.97, self-care management 40.25, and self-care confidence 65.66. The mean systolic blood pressure for glycemic control was 132.48, diastolic blood pressure was 74.87, BMI was 24.4 and HbA1c was 8.28 and the mean quality of life was 51.59. In this study, there was a correlation of 4 self-care domains through glycemic control (HbA1c) on the quality of life of T2DM patients ($p < 0.05$). Systolic, diastolic and BMI blood pressure were not significant as variables mediating the relationship between self-care and quality of life ($p > 0.05$). It is hoped that the results of this study will serve as a reference in increasing self-care maintenance, monitoring, management and confidence as an effort to control glycemic control (HbA1c) which has an impact on preventing worsening of conditions and improving the quality of life of T2DM patients.

Keywords : Self care, type 2 diabetes mellitus, glycemic control, quality of life

Bibliography : 126 (2011-2022)