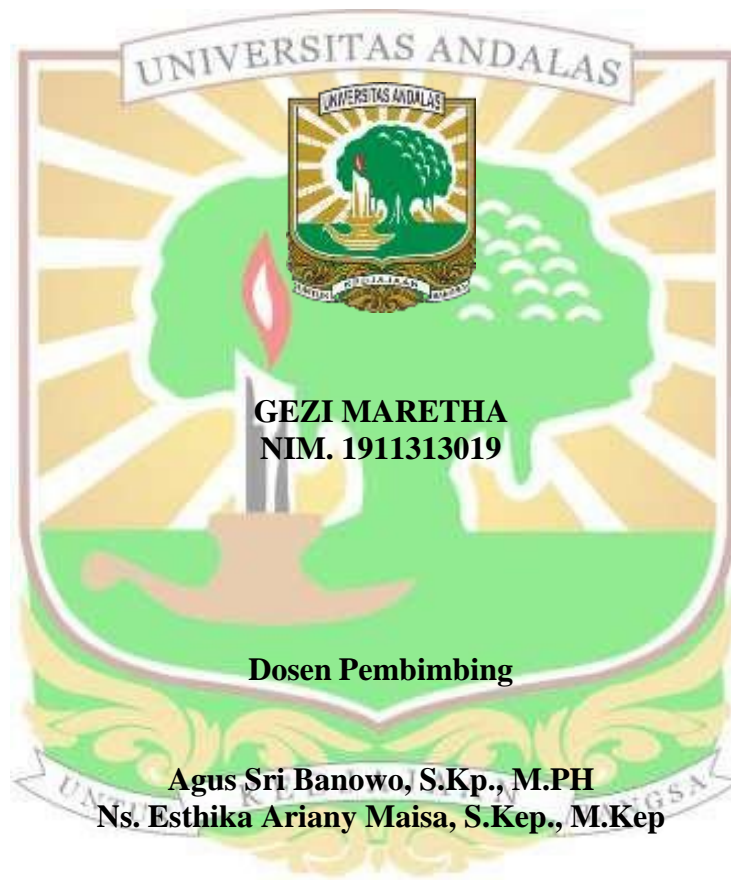


SKRIPSI

**HUBUNGAN *HEALTH LOCUS OF CONTROL* DENGAN MANAJEMEN
DIRI PENDERITA DIABETES MELLITUS TIPE II DI WILAYAH
KERJA PUSKESMAS ANDALAS KOTA PADANG**

Penelitian Keperawatan Komunitas



**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
AGUSTUS 2023**

FAKULTAS KEPERAWATAN

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AGUSTUS 2023

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HUBUNGAN *HEALTH LOCUS OF CONTROL* DENGAN MANAJEMEN DIRI PENDERITA DIABETES MELLITUS TIPE II DI WILAYAH KERJA PUSKESMAS ANDALAS KOTA PADANG

ABSTRAK

Diabetes mellitus seiring waktu dapat menimbulkan masalah serius seperti komplikasi dan penurunan kualitas hidup. Dalam upaya pengendalian dan pencegahan komplikasi serta penurunan kualitas hidup, perilaku manajemen diri yang baik sangat diperlukan. Ada beberapa hal yang mempengaruhi perilaku manajemen diri yaitu keyakinan atas kendali perilaku kesehatan pasien (*Health Locus of Control*) dalam mempersepsikan penyakitnya. Tujuan penelitian ini untuk mengetahui hubungan *Health Locus of Control* dimensi internal dan eksternal dengan manajemen diri penderita DM tipe 2. Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional*. Penelitian dilakukan di Puskesmas Andalas pada 13-27 Juni 2023. Sampel berjumlah 92 penderita DM tipe 2 dengan teknik pengambilan *accidental sampling*. Alat ukur penelitian ini menggunakan kuesioner *Multidimensional Health Locus of Control (MHLc) form C* dan kuesioner *Summary of Diabetes Self Care Activities (SDSCA)-Revised*. Analisis data yang digunakan adalah *Spearman Rho*. Hasil penelitian didapatkan rata-rata *HloC* Internal sebesar 27,00, *HloC* Eksternal sebesar 27,50, dan manajemen diri sebesar 46,00. Terdapat hubungan yang bermakna antara *HloC* Internal dengan manajemen diri penderita DM tipe 2 ($p=0,000$), arah hubungan positif dan kekuatan sedang ($r=+0,581$) dan *HloC* Eksternal dengan manajemen diri penderita DM tipe 2 ($p=0,004$), arah hubungan negatif dan kekuatan lemah ($r=-0,297$). Diharapkan profesional kesehatan menyadari *Health Locus of Control* dan mengubah keyakinan kontrol perilaku kesehatan pasien menjadi lebih positif dengan pemberian edukasi pentingnya pengendalian diri terhadap perilaku manajemen diri.

Kata Kunci :diabetes mellitus tipe 2, *Health Locus of Control*, manajemen diri

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**RELATIONSHIP BETWEEN HEALTH LOCUS OF CONTROL AND SELF
MANAGEMENT OF PATIENTS WITH TYPE II DIABETES MELLITUS IN
WORK AREA ANDALAS PUBLIC HEALTH PADANG CITY**

ABSTRACT

Diabetes mellitus over time can cause serious problems such as complications and decreased quality of life. In an effort to control and prevent complications and decrease in quality of life, good self-management behavior is needed. There are several things that affect self-management behavior, namely the belief in the control of the patient's health behavior (Health Locus of Control) in perceiving their disease. The purpose of this study was to determine the relationship between HloC and self-management of patients with type 2 DM. This type of research is quantitative with a cross sectional design. The research was conducted at the Andalas Padang Ppublic Health on June 13-June 27, 2023. The sample is 92 patients with type 2 DM with accidental sampling technique. The measuring instrument of this study used the Multidimensional Health Locus of Control (MHLC) form C questionnaire and the Summary of Diabetes Self Care Activities (SDSCA)-Revised questionnaire. The data analysis used is Spearman Rho. The results of the study obtained an average Internal HloC of 27.00, External HloC of 27.50, and self-management of 46.00. There is a significant relationship between Internal HloC and self-management of patients with type 2 diabetes ($p = 0.000$), positive relationship direction and moderate strength ($r = +0.581$) and External HloC with self-management of patients with type 2 diabetes ($p = 0.004$), negative relationship direction and weak strength ($r = - 0.297$). It is expected that health professionals are aware of HLoC and change patients' health behavior control beliefs to be more positive by providing education on the importance of self-control on self-management behavior.

Keywords: type 2 diabetes mellitus, health locus of control, self-management

Reference: (68) 1994-2023