

**PENGARUH *INDONESIAN GROUP-BASED DIABETES EDUCATION PROGRAMME* (InGDEP) TERHADAP *SELF CARE BEHAVIOUR* PADA PASIEN DIABETES TIPE-2 DI WILAYAH KERJA PUSKESMAS SINGKARAK KABUPATEN SOLOK**

**Penelitian Keperawatan Medikal Bedah**

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**Pengaruh *Indonesian Group-based Diabetes Education Programme (InGDEP)*  
Terhadap *Self-care Behaviour* Pasien Diabetes Tipe-2 di Wilayah Kerja**

**Puskesmas Singkarak Kabupaten Solok**

Saat ini terjadi peningkatan kejadian diabetes mellitus di seluruh dunia. Terdapat 382 juta orang yang hidup dengan diabetes pada tahun 2013 dan pada tahun 2035 diperkirakan meningkat menjadi 592 juta orang. *Self-care* adalah salah satu kunci manajemen penyakit kronis. Pendidikan kesehatan merupakan salah satu pilar manajemen DM. Pendidikan kesehatan untuk pasien diabetes tipe-2 di wilayah kerja Puskesmas Singkarak masih bersifat umum.. Tujuan dari penelitian ini yaitu untuk mengimplementasi dan menganalisis pengaruh *Indonesian Group-based Diabetes Education Programme (InGDEP)* terhadap *self-care behaviour* pasien diabetes tipe-2. Desain penelitian ini adalah *quasy eksperimental* dengan *non equivalent control group*. Populasi dalam penelitian ini adalah 32 orang dan sampel berjumlah 30 orang yang terbagi ke dalam dua kelompok. 15 orang pada kelompok kontrol dan kelompok perlakuan. Analisis data yang digunakan adalah *Paired T-test* untuk menganalisis pengaruh dan *independent T-test* untuk membandingkan perbedaan *self-care behaviour* antara kelompok kontrol dan kelompok perlakuan. Hasil penelitian menunjukkan adanya pengaruh InGDEP terhadap *self-care behaviour* ( $p \text{ value} = 0,000, p \text{ value} < \alpha$ ) dan juga terdapat perbedaan *self care behaviour* antara dua kelompok ( $\text{value} = 0,000, p \text{ value} < \alpha$ ), jadi dapat disimpulkan bahwa *Indonesian Group-based Diabetes Education Programme (InGDEP)* berpengaruh terhadap *self-care behaviour* pasien DM tipe-2 di wilayah kerja Puskesmas Singkarak Kabupaten Solok. Model edukasi berbasis kelompok seperti InGDEP ini menjadi salah satu alternative yang layak dikembangkan di masa akan datang.

**Kata Kunci : InGDEP, Diabetes Tipe-2, *Self-care Behaviour***

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***The Effect of Indonesian Group-based Diabetes Education Programme  
(InGDEP) on Self-care Behaviour Patient With Type-2 Diabetes in Work Area  
of Singkarak Community Health Center in solok Regency***

***Abstract***

*There is an increasing incidence of diabetes mellitus worldwide. There are 382 million people living with diabetes by 2013 and by 2035 are expected to increase to 592 million people. Self-care is the key to the management of chronic disease. Population client with type-2 diabetes in work area of Singkarak Community Health Center is 32. Health education for client with type-2 diabetes in work area of Singkarak Community Health Center is still general. Health education is one of the pillars in the diabetes management. InGDEP is a group-based health education and performed by health personal in the community health center. The purpose of this research is to implement and analyze the effect of Indonesian Group-based Diabetes education Programme (InGDEP) on self-care behaviour client with type-2 diabetes. Design of this study was quasy experimental with non-equivalent control group design. The population in this study were 32 respondent and the samples were 30 respondent who devide into 2 groups. Each group consist of 15 people as control group and 15 people as experimental group. Data was analyzed using Paired T-test to analyze the effect and Independent T-test to compare the difference self-care behaviour between control group and experimental group. The result showed InGDEP has an effect on self-care behaviour ( $p$  value = 0,000,  $p$  value <  $\alpha$ ), and has difference self-care behaviour between 2 groups ( $p$  value = 0,000,  $p$  value <  $\alpha$ ), so can be conclude that InGDEP has an effect on self-care behaviour in client with type 2 diabetes in work area of Singkarak Community Health Center in Solok Regency. The group-based educational model such as InGDEP becomes one of the viable alternatives to be developed in the future.*

***Key words : InGDEP, Diabetes Type-2, Self-care Behaviour***

***References : 42 (2000-2015)***