



UNIVERSITAS ANDALAS

**HUBUNGAN *HEALTH LITERACY* DAN *SELF CARE*, DENGAN
KUALITAS HIDUP PASIEN DIABETES MELITUS
TIPE 2 DI RSUD DR. RASIDIN PADANG
TAHUN 2019**

Oleh :

RINA SAFITRI

No. BP. 1511211053

Pembimbing I : Defriman Djafri, SKM, MKM, PhD

Pembimbing II : Dr. dr. Fauziah Elytha, MSc

FAKULTAS KESEHATAN MASYARAKAT

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RINA SAFITRI, No.BP. 1511211053

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ix+ 76 halaman, 23 tabel, 3 gambar, 7 lampiran

ABSTRAK

Tujuan

Penderita diabetes melitus tipe 2 memiliki kualitas hidup yang rendah yaitu 52,8 %. Penelitian ini bertujuan untuk mengetahui hubungan *Health literacy* dan *Self care*, dengan kualitas hidup pasien diabetes melitus tipe 2 di RSUD Dr. Rasidin Padang tahun 2019.

Metode

Jenis penelitian ini kuantitatif menggunakan desain *cross sectional*. Populasi yaitu seluruh pasien diabetes melitus tipe 2 yang sedang berobat jalan dan sampel sebanyak 57 responden. Pengambilan sampel dilakukan teknik *Consecutive sampling* dan pengumpulan data dilakukan dengan wawancara kuesioner, dianalisis secara univariat, bivariat dan multivariat.

Hasil

Hasil univariat diperoleh responden yang memiliki kualitas hidup rendah 57,9%, *self care* yang baik 52,6%, *health literacy* rendah 56,1%, sedangkan hasil bivariat terdapat hubungan antara *self care* ($p=0,038$), diet ($p=0,022$), aktivitas fisik ($p=0,005$), perawatan kaki ($p=0,029$), dan *health literacy* ($p=0,032$) dengan kualitas hidup penderita diabetes melitus tipe 2 dan tidak terdapat hubungan antara pengobatan dan kontrol gula darah dengan kualitas hidup. Pemodelan akhir multivariat menunjukkan bahwa faktor dominan berhubungan dengan kualitas hidup adalah aktivitas fisik (POR=7,6).

Kesimpulan

Self care, diet, aktivitas fisik, perawatan kaki, dan *health literacy* berhubungan dengan kualitas hidup penderita diabetes melitus tipe 2. Disarankan bagi petugas kesehatan melakukan edukasi kesehatan dalam hal merawat kesehatan diri secara mandiri dan mendekatkan akses informasi kesehatan.

Daftar Pustaka : 56 (1999-2018)

Kata Kunci : Kualitas hidup, diabetes melitus, *health literacy*, *self care*

**FACULTY OF PUBLIC HEALTH
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RINA SAFITRI, No. BP. 1511211053

RELATIONSHIP OF HEALTH LITERACY AND SELF CARE, WITH QUALITY OF LIFE TYPE 2 DIABETES MELLITUS PATIENTS IN DR. RASIDIN PADANG 2019

ix + 76 pages, 23 tables, 3 pictures, 7 appendices

ABSTRACT

Objective

Type 2 diabetes mellitus patient had lower quality of life was 52,8%. This study aims to determine the relationship of Health literacy and self care, with quality of life type 2 diabetes mellitus patients in Dr. RSUD Rasidin Padang in 2019.

Method

This study is quantitative research with cross sectional design. The population are patients who are diagnosed with type 2 diabetes mellitus and they were treated and 57 respondents as samples. The sampling technique is Consecutive sampling and data was collected through interview use questionnaire and analyzed using univariate, bivariate and multivariate analysis.

Results

The results of univariate analysis obtained the percentage of low quality of life was 57.9%, good self care 52.6%, low health literacy 56.1%, while the result of bivariate analysis obtained that there was significant relationship between self care ($p = 0.038$), diet ($p=0.022$), physical activity ($p=0.005$), foot care ($p=0.029$), and health literacy ($p=0.032$) with quality of life type 2 diabetes mellitus and there was no significant relationship between treatment and control of blood sugar with quality of life. Multivariate final modeling showed that the dominant factor related with quality of life was physical activity (POR=7,6).

Conclusion

Self care, diet, physical activity, foot care, and health literacy are related to the quality of life of type 2 diabetes mellitus patients. Suggested to the health officer to improve health education about care and treatment independently and getting access to health information.

References : 56 (1999-2018)

Keywords : Quality of life, diabetes mellitus, health literacy, self care