



UNIVERSITAS ANDALAS

**HUBUNGAN MANAJEMEN *SELF CARE* DENGAN KADAR
GULA DARAH PUASA PADA PENDERITA DIABETES
MELITUS TIPE 2 DI PUSKESMAS ANDALAS**

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FAKULTAS KESEHATAN MASYARAKAT

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x + 51 Halaman, 12 tabel, 3 gambar, 12 Lampiran

ABSTRAK

Tujuan Penelitian

Sebanyak 75,3% penderita DM tipe 2 memiliki kadar gula darah puasa tidak terkontrol. Manajemen *self care* merupakan upaya dalam mengendalikan kadar gula darah pada penderita DM tipe 2. Penelitian ini bertujuan mengetahui hubungan manajemen *self care* dengan kadar gula darah puasa pada penderita diabetes melitus tipe 2 di Puskesmas Andalas.

Metode

Penelitian ini menggunakan desain *cross sectional* dengan populasi seluruh penderita diabetes melitus tipe 2 yang berkunjung ke puskesmas Andalas. Sampel diambil melalui *consecutive sampling* dengan jumlah sampel 77 responden. Data primer diperoleh melalui wawancara dengan kuesioner, sedangkan data sekunder diperoleh melalui hasil laboratorium kadar gula darah puasa responden. Analisis data menggunakan korelasi *pearson* dan regresi linear sederhana.

Hasil

Berdasarkan hasil penelitian, kadar gula darah puasa penderita DM tipe 2 sebanyak 87% responden berada pada kategori tidak terkontrol. Sebanyak 48,1% responden memiliki manajemen *self care* kurang baik. Terdapat hubungan yang bermakna antara manajemen *self care* dengan kadar gula darah puasa (*p-value* 0,002) yang berkorelasi sedang ($r=-0,351$) dengan arah hubungan negatif. Manajemen *self care* dapat mempengaruhi kadar gula darah puasa sebesar 12,3% ($R\ square=0,123$).

Kesimpulan

Manajemen *self care* berhubungan dengan kadar gula darah puasa. Diharapkan kepada petugas kesehatan khususnya pemegang program PTM untuk memberikan edukasi secara berkala kepada penderita diabetes melitus tipe 2 mengenai pentingnya melakukan manajemen *self-care* dengan baik.

Daftar Pustaka : 62 (2000 - 2018)

Kata Kunci : Diabetes Melitus Tipe 2, Kadar Gula Darah Puasa,
Manajemen *Self Care*.

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**THE ASSOCIATION OF SELF-CARE MANAGEMENT WITH FASTING
BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS IN
HEALTH CENTER OF ANDALAS.**

x + 51 pages, 12 tables, 3 images, 12 attachments

ABSTRACT

Objective

75,3% people with type 2 DM have uncontrolled fasting blood sugar levels. Self-care management is an effort in controlling blood sugar levels in patients with type 2 DM. This study aims to determine the association of self-care management with blood sugar levels in Type 2 DM patient in Health Center of Andalas.

Method

This study used a cross sectional design with a population of all type 2 DM patients who have visited the Health Center of Andalas. Samples were taken through consecutive sampling with 77 respondents. Primary data obtained through interviews with questionnaire, while secondary data obtained through laboratory results is the respondents' fasting blood sugar levels. Data analysis using pearson correlation and simple linear regression.

Result

Based on the results of the study, fasting blood sugar levels of type 2 DM patients as much as 87% of respondents depend on the uncontrolled category. As many as 48,1% of respondents have poor self-care management. There is a significant association between the self-care management with fasting blood sugar levels (p-value 0,002) that is moderately correlated ($r = -0,351$) with negative direction. Self-care management can affect fasting blood sugar levels by 12.3% ($R \text{ square}=0.123$).

Conclusion

Self care management was related to fasting blood sugar levels in type 2 DM patients. It is expected to all health workers, especially those who hold non-infectious diseases program will provide regular education to people with type 2 DM regarding the importance of doing self-care management properly.

References : 62 (2000 - 2018)

Keywords : Fasting Blood Sugar Levels, Self-Care Management, Type 2 Diabetes Mellitus.