

**SKRIPSI**

**ANALISIS HUBUNGAN *SELF-CARE MANAGEMENT* DAN KUALITAS  
HIDUP PENDERITA DIABETES MELLITUS TIPE 2 DI PUSKESMAS  
KECAMATAN LUBUK BASUNG**

**Penelitian Keperawatan Medikal Bedah**



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Analisis Hubungan *Self-Care Management* Dan Kualitas Hidup Penderita  
Diabetes Mellitus Tipe 2 Di Puskesmas Kecamatan Lubuk Basung

**ABSTRAK**

Penderita Diabetes Mellitus tipe 2 mengalami peningkatan jumlah kasus dua kali lipat di Puskesmas Kecamatan Lubuk Basung. Perilaku *self-care management* yang belum dilakukan dengan optimal berdampak pada upaya kualitas hidup penderita. Tujuan dari penelitian ini adalah untuk mengetahui hubungan *self-care management* dan kualitas hidup penderita Diabetes Mellitus tipe 2 di Puskesmas Kecamatan Lubuk Basung. Penelitian ini dilakukan dengan menggunakan metode kuantitatif dengan desain *cross sectional*. Sampel penelitian adalah pasien Diabetes Mellitus yang berobat di poli umum Puskesmas Kecamatan Lubuk Basung dengan menggunakan teknik *non probability sampling* dalam bentuk *accidental sampling* dengan sample sebanyak 277 responden. Instrumen yang digunakan dalam penelitian ini adalah kuesioner *Diabetes Quality of Life* (DQOL) untuk kualitas hidup dan *Summary Diabetes Self Care Activities* (SDSCA) untuk *self-care management*. Analisa data menggunakan uji korelasi *pearson product moment*. Hasil penelitian ini didapatkan skor nilai tengah 3,20 pada *self-care management* dan nilai tengah 45,00 pada kualitas hidup. Terdapat hubungan yang signifikan antara *self-care management* dengan kualitas hidup ( $p=0,000$ ) dengan kekuatan sedang dan arah positif ( $r=0,449$ ). Diharapkan kepada pihak puskesmas dapat meningkatkan dalam pemberian metode edukasi kesehatan secara kontinu serta memotivasi pasien dan keluarga untuk melakukan *self-care management* untuk dapat meningkatkan kualitas hidup penderita Diabetes Mellitus tipe 2.

Kata Kunci : Diabetes mellitu tipe 2, kualitas hidup, *self-care management*

Referensi : 80 (2000 – 2024)

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*Analysis of the Relationship Between Self-Care Management and Quality of Life  
Patient with Type 2 Diabetes Mellitus at the Lubuk Basung District Health Center*

### **ABSTRACT**

Patients with type 2 Diabetes Mellitus have doubled the number of cases at the Lubuk Basung District Health Center. Self-care management behavior that has not been carried out optimally has an impact on the patient's quality of life efforts. The purpose of this study is to determine the relationship between self-care management and quality of life of patients with type 2 Diabetes Mellitus at the Lubuk Basung District Health Center. This research was conducted using the quantitative method with a cross sectional design. The research sample was diabetic mellitus patients who were treated at the public poly of the Lubuk Basung District Health Center using a non-probability sampling technique in the form of accidental sampling with a sample of 277 respondents. The instruments used in this study are the Diabetes Quality of Life (DQOL) questionnaire for quality of life and the Summary Diabetes Self Care Activities (SDSCA) for self-care management. Data analysis uses the Pearson product moment correlation test. The results of this study obtained a median score of 3.20 in self-care management and a median score of 45.00 in quality of life. There was a significant relationship between self-care management and quality of life ( $p=0.000$ ) with moderate strength and positive direction ( $r=0.449$ ). It is hoped that the health center can improve the provision of health education methods continuously and motivate patients and families to carry out self-care management to be able to improve the quality of life of people with type 2 Diabetes Mellitus.

Keywords : Diabetes Mellitus type 2, quality of life, self-care management  
References : 80 (2000 – 2024)