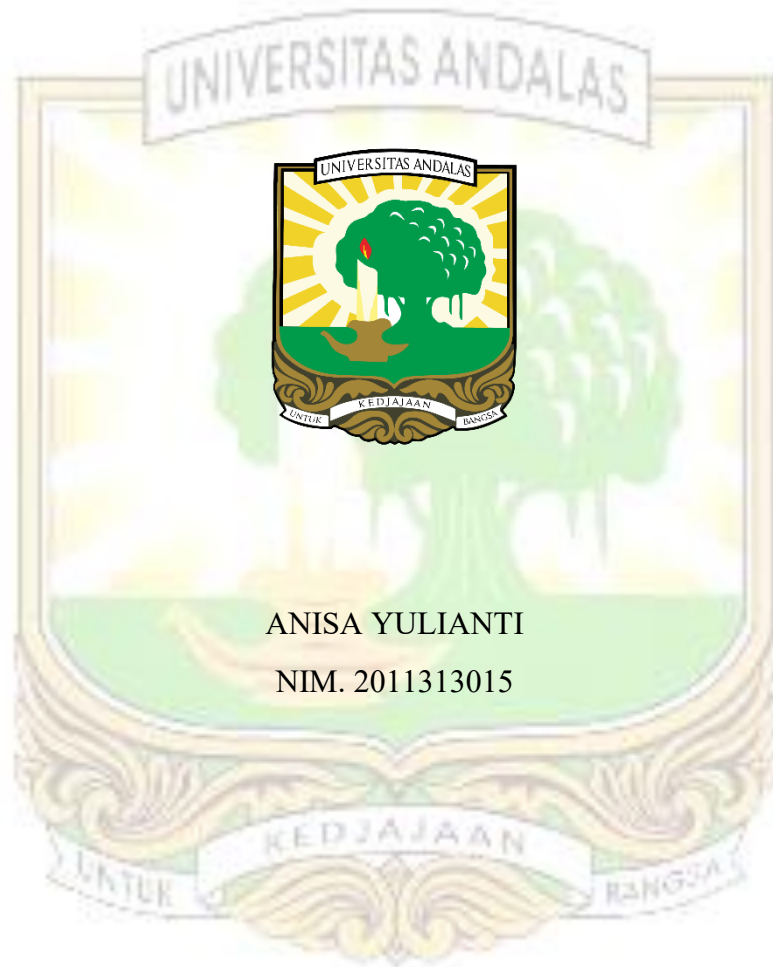


SKRIPSI

KEMANDIRIAN PASIEN DIABETES MELITUS SETELAH DI RAWAT DI
RSUD dr.RASIDIN KOTA PADANG DI ERA PASCA *COVID-19*

Penelitian Keperawatan Dasar



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KEMANDIRIAN PASIEN *DIABETES MELITUS* SETELAH DIRAWAT DI
RSUD dr. RASIDIN PADANG DI ERA PASCA COVID-19

ABSTRAK

Diabetes melitus (DM) merupakan penyakit yang ditandai oleh kenaikan kadar glukosa dalam darah dan tidak dapat disembuhkan sehingga memerlukan perawatan mandiri *self care* DM merupakan program yang harus dijalankan sepanjang kehidupan penderita DM. *Self Care* DM bertujuan untuk mengoptimalkan kestabilan gula darah, kualitas hidup, serta mencegah komplikasi akut dan kronis. Tujuan penelitian ini adalah mengetahui kemandirian pasien Diabetes Melitus setelah dirawat di RSUD dr. Rasidin Padang di era pasca Covid-19. Jenis penelitian ini merupakan penelitian kuantitatif deskriptif dengan pendekatan *cross sectional*. Pengambilan data dilakukan dengan menggunakan kuisioner *Summary of Diabetes self-care Activities* (SDSCA). Sampel diambil dengan *purposive sampling*, jumlah sampel sebanyak 62 responden. Analisis data penelitian ini menggunakan analisis statistik dan tabulasi silang. Hasil penelitian ini menunjukkan bahwa kemandirian responden hampir seluruh yang kurang baik sebesar 93.5% dan perilaku kemandirian yang baik sebanyak 6.5% . Selain itu semua komponen kemandirian DM lebih banyak pada kategori kurang baik yaitu pola makan sebesar 85.5%, aktivitas fisik 72.6%, mengontrol gula darah 71%, pengobatan 77.4%, dan perawatan kaki 91.9%. Perilaku kemandirian perlu ditingkatkan diharapkan untuk meningkatkan status kesehatan dan mencegah terjadinya komplikasi yang lebih lanjut.

Kata kunci: *Self Care*, kemandirian penderita DM

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*INDEPENDENCE OF DIABETES MELLITUS PATIENTS AFTER BEING
TREATED AT RSUD dr. RASIDIN PADANG IN THE POST-COVID-19 ERA*

ABSTRACT

Diabetes mellitus (DM) is a disease characterized by elevated blood glucose levels and cannot be cured, thus requiring self-care. self-care for DM is a program that must be followed throughout the life of DM patients. Self Care DM aims to optimize blood sugar stability, quality of life, and prevent acute and chronic complications. The aim of this study is to determine the independence of Diabetes Mellitus patients after being treated at RSUD dr. Rasidin Padang in the post-Covid-19 era. The type of this research is a descriptive quantitative study with a cross-sectional approach. Data collection was conducted using the Summary of Diabetes Self-Care Activities (SDSCA) questionnaire. The sample was taken using purposive sampling, with a total of 62 respondents. The data analysis of this research uses statistical analysis and cross-tabulation. The results of this study indicate that the independence of the respondents is mostly poor, at 93.5%, and the behavior of good independence is at 6.5%. In addition, all components of DM independence are mostly in the poor category, namely dietary patterns at 85.5%, physical activity at 72.6%, blood sugar control at 71%, medication at 77.4%, and foot care at 91.9%. Independence behavior needs to be improved in order to enhance health status and prevent further complications.

Keywords: *Self-Care*, DM patient independence

References: 30 (2014-2023)