

**PENGARUH *INDONESIAN GROUP-BASED DIABETES EDUCATION PROGRAMMED (InGDEP)* DAN DUKUNGAN KELUARGA TERHADAP PENGETAHUAN, *SELF-CARE ACTIVITY* DAN *DIABETES DISTRESS* PADA PASIEN DIABETES MELLITUS TIPE II DI PUSKESMAS KOTA PADANG TAHUN 2019**

**TESIS**



**PROGRAM STUDI S2 KEPERAWATAN  
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**Effect of Indonesian Group-Based Diabetes Education Programmed (InGDEP) and Family Support on Knowledge, Self-care activity and Diabetes Distress in Type 2 Diabetes Mellitus Patients in the Padang City Health Center in 2019**

**XIV + 142 Things + 16 Tables + 16 Attachments + 5 Schemes**

**Abstract**

The prevalence of Diabetes Mellitus throughout the world is increasing every year. The main focus of the Diabetes Mellitus intervention is education to improve the patient's ability to manage the disease. To increase the success of educational programs, family support needs to be integrated in structured education programs. The purpose of this study was to analyze the effect of Indonesian Group-Based Diabetes Education Programmed (InGDEP) and family support for knowledge, self-care activity and Diabetes Distress in Type 2 Diabetes Mellitus patients at the Padang City Health Center in 2019. The research design was quasi experimental with pre and post test equivalent control group. The sample in this study were 64 people (32 people in each group). The research involved doctors, nurses, nutritionists and public health as the InGDEP team. Data were collected using Diabetes Knowledge Questionnaire (DKQ24), The Summary Of Diabetes Self-care Acrivity (SDSCA) and Diabetes Distress Scale (DSS17). Data analysis shows that there is an influence of InGDEP on knowledge ( $P = 0,000$ ), self-care activity ( $P = 0,000$ ), HbA1c ( $P = 0.031$ ) and Diabetes Distress ( $P = 0,000$ ). InGDEP and family support are effective in increasing knowledge and self-care activities as well as reducing diabetes distress and HbA1c levels. It is recommended that health workers involve families in conducting education in a structured manner.

**Key Word: Education Diabetes Program, Self-care activity , Diabetes Distress, Family Support**

**Refferency : 94 (2005-2019)**