

PERSETUJUAN PEMBIMBING

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Judul Tesis : Faktor Intrapersonal Yang Berhubungan Dengan *Self management*
Pada Pasien Diabetes Melitus Tipe 2 Di Puskesmas Sungai Dareh
Dengan Pendekatan Model Sosial Ekologi

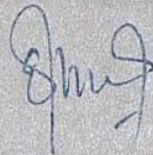
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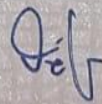
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**Faktor Intrapersonal Yang Berhubungan Dengan *Self Management*
Pada Pasien Diabetes Melitus Tipe 2 Di Puskesmas Sungai Dareh dengan
Pendekatan Model Sosial Ekologi**

ABSTRAK

Komplikasi DM masih tinggi, salah satu penyebabnya adalah rendahnya *self management*. Model Sosial Ekologi digunakan sebagai kerangka untuk memahami determinan perilaku kesehatan, di mana faktor intrapersonal seperti pengetahuan, *diabetes distress*, *self efficacy*, dan *self empowerment* berperan penting dalam membentuk perilaku *self management*. Penelitian ini bertujuan menganalisis hubungan faktor intrapersonal dengan *self management* pada penderita DM tipe II di Puskesmas Sungai Dareh Kabupaten Dharmasraya. Metode penelitian adalah deskriptif analitik dengan pendekatan *cross sectional* dengan teknik pengambilan sampel *purposive sampling*. Total sampel berjumlah 167 responden DM tipe 2. Instrumen penelitian menggunakan kuesioner *Diabetes Knowledge Questionnaire*, *Diabetes Distress Scale*, *Diabetes Management Self Efficacy Scale*, *Diabetes Empowerment Scale-Short Form*, *Diabetes Self Management Questionnaire-revised*. Analisis data menggunakan uji multivariat regresi logistik. Hasil penelitian diperoleh ada hubungan yang signifikan antara, pengetahuan, *diabetes distress*, *self efficacy* dan *self empowerment* dengan *self management* ($p < 0,05$). Faktor yang paling dominan berhubungan dengan *self management* adalah *diabetes distress* dengan ($p 0.014$, $OR=0.069$). berdasarkan hasil penelitian ini perlu mengintegrasikan skrining *diabetes distress* secara rutin, memasukkan penilaian *diabetes distress* ke dalam SOP pelayanan pasien DM dan memberikan pelatihan kepada tenaga kesehatan khususnya perawat agar mampu melakukan skrining dan intervensi psikososial dasar.

Kata kunci: *Self management*, pengetahuan, *diabetes distress*, *self efficacy*, *self empowerment*, Dm tipe 2

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Intrapersonal Factors Associated with Self-Management in Type 2 Diabetes Mellitus Patients at Sungai Dareh Public Health Center: A Social Ecological Model Approach

ABSTRACT

The high rate of diabetes complications is partly caused by poor self-management. The Social Ecological Model is used as a framework to understand the determinants of health behavior, where intrapersonal factors such as knowledge, diabetes distress, self-efficacy, and self-empowerment play an important role in shaping self-management behavior. This study aimed to analyze the relationship between intrapersonal factors and self-management among patients with type 2 diabetes mellitus at Sungai Dareh Community Health Center, Dharmasraya Regency. The research employed a descriptive-analytic design with a cross-sectional approach and purposive sampling technique. The total sample consisted of 167 patients with type 2 diabetes mellitus. Research instruments included the Diabetes Knowledge Questionnaire (DKQ-24), Diabetes Distress Scale (DDS), Diabetes Management Self-Efficacy Scale (DMSES), Diabetes Empowerment Scale–Short Form (DES-SF), and Diabetes Self-Management Questionnaire–Revised (DSMQ-R). Data were analyzed using multivariate logistic regression. The results showed a significant relationship between knowledge, diabetes distress, self-efficacy, and self-empowerment with self-management ($p < 0.05$). The most dominant factor associated with self-management was diabetes distress ($p = 0.014$, $OR = 0.069$). Based on these findings, it is necessary to integrate routine diabetes distress screening, include diabetes distress assessment in the standard operating procedures (SOP) for DM patient services, and provide training for healthcare workers, particularly nurses, to enable them to perform screening and basic psychosocial interventions.

Keywords: *Self management, knowledge, diabetes distress, self-efficacy, self-empowerment, type 2 diabetes mellitus*

References: 97 (1988-2025)