

SKRIPSI

**HUBUNGAN *SELF CARE MANAGEMENT* DENGAN KUALITAS HIDUP
PENDERITA DIABETES MELITUS TIPE 2 DI ERA PANDEMI
COVID-19 WILAYAH KERJA PUSKESMAS IBUH
KOTA PAYAKUMBUH**

Penelitian Keperawatan Medikal Bedah



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**Hubungan *Self Care Management* Dengan Kualitas Hidup Penderita
Diabetes Melitus Tipe 2 Di Era Pandemi Covid-19 Wilayah
Kerja Puskesmas Ibul Kota Payakumbuh Tahun 2020**

ABSTRAK

Kondisi pandemi covid-19 yang terjadi berdampak pada penderita diabetes melitus yang mempengaruhi *self care management* yang berdampak pada kualitas hidup penderita. Penelitian ini bertujuan untuk meneliti hubungan antara *self care management* dengan kualitas hidup penderita DM tipe 2 di era pandemic covid-19 di wilayah kerja Puskesmas Ibul Kota Payakumbuh tahun 2020. Penelitian ini dilakukan dengan metode korelasi dengan pendekatan *cross-sectional study*. Sampel diambil dengan menggunakan teknik *total sampling* dengan sampel 89 responden. Penelitian dilakukan pada bulan Agustus 2020-Februari 2021. Instrumen penelitian menggunakan kuesioner WHOQOL-BREF untuk kualitas hidup dan SDSCA untuk *self care management*. Analisa data menggunakan uji korelasi pearson. Hasil penelitian didapatkan nilai mean 3,07 pada *self care management* dan 48,64 pada kualitas hidup. Terdapat hubungan yang signifikan antara *self care management* dengan kualitas hidup penderita DM tipe 2 ($p=0,000$) dengan kekuatan sedang dan arah positif. Diharapkan kepada pihak puskesmas dapat meningkatkan pendidikan kesehatan secara kontinu serta memotivasi pasien dan keluarga untuk selalu melakukan *self care management* untuk dapat meningkatkan kualitas hidup penderita DM tipe 2.

Kata kunci : Diabetes mellitus tipe 2, kualitas hidup, *self care management*
Referensi : 78 (2008-2020)

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The Relationship of Self Care Management with the Quality of Life of Patients with Type 2 Diabetes Mellitus in the Covid-19 Pandemic Era the Work Area of the Puskesmas Ibhuh, Payakumbuh, 2020

ABSTRACT

The COVID-19 pandemic condition that affects people with diabetes mellitus which affects self-care management which has an impact on the quality of life of sufferers. This study aims to examine the relationship between self-care management and the quality of life of type 2 diabetes mellitus sufferers in the Covid-19 pandemic era in the work area of the public health Ibhuh Payakumbuh city in 2020. This study was conducted using a cross-sectional study approach correlation method. Samples were taken using total sampling technique with a sample of 89 respondents. The study was conducted in August 2020-February 2021. The research instrument used the WHOQOL-BREF questionnaire for quality of life and SDSCA (Summary of Diabetes Self Care Activities) for self-care management. Data analysis using Pearson correlation test. The results showed a mean value of 3.07 for self-care management and 48.64 for quality of life. There is a significant relationship between self-care management and the quality of life of people with type 2 diabetes ($p = 0.000$) with moderate strength and a positive direction It is hoped that the public health can improve health education continuously and motivate patients and families to always carry out self-care management 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 : 78 (2008-2020)**