

## GAMBARAN *SELF MANAGEMENT* PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS GAMPING 1

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### INTISARI

**Latar Belakang :** *Self management* merupakan salah satu upaya pengendalian yang penting bagi pasien DM tipe 2, untuk dapat mencegah terjadinya komplikasi.

**Tujuan Penelitian:** Untuk mengetahui gambaran *self management* pada pasien dengan DM tipe 2 di Puskesmas Gamping 1.

**Metode Penelitian :** penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross-sectional*. Pengambilan sampel menggunakan *purposive sampling* dengan jumlah sampel sebanyak 54 responden. Penelitian dilakukan di BP umum Puskesmas Gamping 1, untuk pengambilan data dilakukan pada tanggal 1–6 Juli 2022. Alat ukur yang digunakan kuesioner (DSMI), dan pengolahan data menggunakan statistic deskriptif.

**Hasil Penelitian :** *Self management* pada pasien DM tipe 2 di Puskesmas Gamping 1 masuk dalam kategori tinggi sebanyak 51 orang (94,4%), dengan usia paling banyak 56-65 tahun, jenis kelamin paling banyak perempuan. *Self management* perdomain integrasi diri sebanyak 52 orang (96,3%), pengaturan diri sebanyak 41 orang (75,9%), interaksi dengan professional kesehatan sebanyak 48 orang (88,9%), pemantauan GDS sebanyak 39 orang (72,2%) dan terapi obat sebanyak 50 orang (92,6%).

**Kesimpulan :** *Self management* pada pasien DM tipe 2 di Puskesmas Gamping 1 masuk dalam kategori tinggi sehingga pasien membuat catatan ketidak beresan terkait kondisi tubuh dan belajar cara penanganan dari sumber informasi yang jelas, dan bagi puskesmas diharapkan melakukan langkah-langkah spesifik terkait aspek tersebut.

**Kata Kunci :** Diabetes Melitus, *Self Management*.

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## THE OVERVIEW OF SELF-MANAGEMENT IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN PUSKESMAS GAMPING 1

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### ABSTRACT

**Background:** Self-management is one of the important control efforts for type 2 DM patients to prevent complications.

**Research Objectives:** To find out an overview of self-management in patients with type 2 Diabetes Mellitus (DM) at the Puskesmas (Public Health Center) Gamping 1.

**Research Methods:** This study uses a quantitative method with a cross-sectional approach. The sampling used purposive sampling with a total sample of 54 respondents. The study was conducted at the general BP of Puskesmas Gamping 1, and the data collection was carried out on July 1-6, 2022. The measuring instrument used was a questionnaire (DSMI), and data processing used descriptive statistics.

**Research results:** Self-management of patients with type 2 DM at the Puskesmas Gamping 1 is in the high category, with as many as 51 people (94.4%), with the most age being between 56-65 years, and the most sex being female. Self-management per domain is as follows: self-integration with 52 people (96.3%), self-regulation with 41 people (75.9%), interaction with health professionals with 48 people (88.9%), GDS monitoring with 39 people (72.2 %), and drug therapy with 50 people (92.6%).

**Conclusion:** Self-management in patients with type 2 DM at the Puskesmas Gamping 1 is in the high category so that patients make notes of irregularities related to body conditions and learn how to handle them from valid sources of information, and, for Puskesmas, it is expected to take specific steps related to these aspects.

**Keywords:** Diabetes Mellitus, Self-Management.

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