

HUBUNGAN ANTARA *SELF-CARE* DENGAN KUALITAS HIDUP PASIEN DIABETES MELITUS TIPE 2 DI POLIKLINIK PENYAKIT DALAM RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

Arie Syaeful Bachri¹, Tetra Saktika Adinugraha², Wenny Savitri³

INTISARI

Latar Belakang: Diabetes melitus (DM) merupakan suatu kelompok penyakit metabolik yang ditandai dengan meningkatnya kadar gula darah (hiperglikemia) yang terjadi akibat kelainan sekresi insulin, kerja insulin atau keduanya. Berbagai faktor seperti usia, jenis kelamin, tingkat pendidikan, dukungan sosial, status sosial ekonomi dan kejadian komplikasi dihubungkan dengan rendahnya kualitas hidup pasien diabetes melitus. Terdapat upaya secara mandiri yang dilakukan oleh pasien DM tipe 2 meliputi tindakan pengobatan dan pencegahan komplikasi yang disebut dengan *self-care* diabetes.

Tujuan: Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *self-care* dengan kualitas hidup pasien DM tipe 2 di Poliklinik Penyakit Dalam RSUD Panembahan Senopati Bantul Yogyakarta.

Metode: Jenis penelitian ini adalah deskriptif korelasi dengan pendekatan *cross sectional*. Besar sampel yaitu 100 responden dengan teknik *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan kuesioner SDSCA (*The Summary of Diabetes Self-Care Activities*) dan DQOL (*Diabetes Quality of Life*).

Hasil: Diketahui nilai *self-care* pasien DM tipe 2 adalah 4,8 (5 hari) dan nilai kualitas hidupnya adalah 3,3 (puas). Sedangkan uji *spearman's rank correlation* terhadap variabel *self-care* dengan kualitas hidup pasien DM tipe 2 menunjukkan signifikansi sebesar 0,000 ($r=0,731$, $p<0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara *self-care* dengan kualitas hidup pasien DM tipe 2 di Poliklinik Penyakit Dalam RSUD Panembahan Senopati Bantul Yogyakarta dengan nilai $p = 0.000$ ($r=0,731$, $p<0,05$).

Kata Kunci: Diabetes Melitus, *Self-care*, Kualitas Hidup.

¹ Mahasiswa Program Studi Ilmu Keperawatan Stikes Jend A. Yani Yogyakarta

² Dosen Program Studi Ilmu Keperawatan Stikes Jend. A. Yani Yogyakarta

³ Dosen Program Studi Ilmu Keperawatan Stikes Jend. A. Yani Yogyakarta

THE RELATIONSHIP BETWEEN SELF-CARE AND THE QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES MELLITUS IN POLYCLINIC OF INTERNAL DISEASE IN PANEMBAHAN SENOPATI HOSPITAL BANTUL YOGYAKARTA

Arie Syaeful Bachri¹, Tetra Saktika Adinugraha², Wenny Savitri³

ABSTRACT

Background: Diabetes mellitus (DM) is a group of metabolic diseases characterized by the increased of blood sugar levels (hyperglycemia) that occurs due to abnormalities in insulin secretion, insulin work or both. The various factors such as age, gender, level of education, social support, socioeconomic status and the incidence of complications associated with lower quality of life of diabetic patients. There are efforts undertaken independently by patients with type 2 diabetes includes the act of treatment and prevention of complications which is called self-care of diabetes.

Objective: This study aimed to investigate the relationship between self-care and the quality of life of patients with type 2 diabetes at the Polyclinic of Internal Disease in Panembahan Senopati Hospital Bantul Yogyakarta.

Methods: The study was descriptive correlation with cross sectional approach. The sample size are 100 respondents using purposive sampling technique. The data collection was conducted using questionnaires SDSCA (The Summary of Diabetes Self-Care Activities) and DQOL (Diabetes Quality of Life).

Results: The result shows that the value of self-care patients with type 2 diabetes mellitus was 4.8 (5 days) and the value of their quality of life is 3.3 (satisfied). While the Spearman rank correlation test on the variable self-care with the quality of life of patients with type 2 diabetes showed a significance of 0.000 ($r=0.731$, $p<0.05$).

Conclusion: There is a significant relationship between self-care and the quality of life of patients with type 2 diabetes at the Polyclinic of Internal Disease in Panembahan Senopati Hospital Bantul Yogyakarta with $p=0.000$ ($r=0.731$, $p<0.05$).

Keywords: *Diabetes Mellitus, Self-care, Quality of Life.*

1 Student of Nursing Science Program of Stikes Jend A. Yani Yogyakarta

2 Lecturer of Nursing Science Program of Stikes Jend. A. Yani Yogyakarta

3 Lecturer of Nursing Science Program of Stikes Jend. A. Yani Yogyakarta