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JUDUL : HUBUNGAN *SELF-MANAGEMENT* DENGAN *QUALITY OF LIFE* PADA PASIEN DIABETES MELITUS DI KLINIK SILIWANGI

ABSTRAK

Latar Belakang: Diabetes melitus merupakan penyakit kronis dengan prevalensi yang terus meningkat di Indonesia maupun dunia. Menurut *International Diabetes Federation (IDF) Diabetes Atlas* edisi ke-11 tahun 2024, terdapat sekitar 20,4 juta orang dewasa di Indonesia hidup dengan diabetes (11,0%) dan diperkirakan meningkat menjadi 28,6 juta pada tahun 2045. Diabetes memerlukan pengelolaan diri (*self-management*) yang baik untuk mencegah komplikasi dan mempertahankan kualitas hidup. Penelitian ini bertujuan mengetahui hubungan antara *self-management* dengan *quality of life* pada pasien diabetes melitus di Klinik Siliwangi.

Metode: Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 110 pasien diabetes melitus yang dipilih dengan teknik *purposive sampling*. Instrumen yang digunakan adalah kuesioner *Summary of Diabetes Self-Care Activities* (SDSCA) untuk mengukur *self-management* dan WHOQOL-BREF untuk menilai kualitas hidup. Analisis data dilakukan menggunakan uji Chi-Square dengan tingkat signifikansi $p < 0,05$.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar responden (88,2%) memiliki *self-management* dalam kategori baik dan mayoritas (75,5%) memiliki kualitas hidup kategori tinggi. Uji Chi-Square menunjukkan adanya hubungan yang signifikan antara *self-management* dengan kualitas hidup ($p = 0,0001$). Selain itu, lama menderita DM juga memiliki hubungan bermakna dengan kualitas hidup ($p = 0,031$), sedangkan faktor usia, jenis kelamin, pendidikan, dan pekerjaan tidak menunjukkan hubungan signifikan.

Kesimpulan: Kesimpulan penelitian ini adalah terdapat hubungan bermakna antara *self-management* dengan kualitas hidup pasien diabetes melitus. Saran dari penelitian ini adalah perlunya intervensi promotif dan preventif melalui edukasi berkelanjutan, pendampingan keperawatan, serta dukungan keluarga dan komunitas untuk meningkatkan kemampuan pengelolaan diri pasien sehingga kualitas hidup dapat optimal.

Kata Kunci : diabetes melitus, *self-management*, kualitas hidup,
Referensi : 38 sumber (2018-2023)

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ABSTRACT

Background: Diabetes mellitus is a chronic disease with a continually increasing prevalence both in Indonesia and globally. According to the International Diabetes Federation (IDF) Diabetes Atlas 11th edition in 2024, there are approximately 20.4 million adults in Indonesia living with diabetes (11.0%), and this is projected to increase to 28.6 million by 2045. Diabetes requires good self-management to prevent complications and maintain quality of life. This study aims to determine the relationship between self-management and quality of life in diabetes mellitus patients at the Siliwangi Clinic.

Methods: This study used a correlational analytic design with a cross-sectional approach. The research sample consisted of 110 diabetes mellitus patients selected using a purposive sampling technique. The instruments used were the Summary of Diabetes Self-Care Activities (SDSCA) questionnaire to measure self-management and the WHOQOL-BREF to assess quality of life. Data analysis was performed using the Chi-Square test with a significance level of $p < 0.05$.

Results: The results of the study indicate that the majority of respondents (88.2%) had self-management in the good category, and the majority (75.5%) had a high category quality of life. The Chi-Square test showed a significant relationship between self-management and quality of life ($p = 0.0001$). Furthermore, the duration of suffering from DM also had a significant relationship with quality of life ($p = 0.031$), while factors such as age, gender, education, and occupation did not show a significant relationship.

Conclusion: The conclusion of this study is that there is a significant relationship between self-management and the quality of life of diabetes mellitus patients. The recommendation from this study is the need for promotive and preventive interventions through continuous education, nursing assistance, as well as family and community support to enhance patients' self-management ability so that the quality of life can be optimal.

Keywords: Diabetes mellitus, self-management, quality of life

References: 38 sources (2018-2023)