

## ABSTRAK

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### **Hubungan *Diabetes Distress* dengan *Quality of Life* pada Penderita Diabetes Melitus Tipe 2 Peserta Prolanis Puskesmas Wiradesa**

**Latar Belakang:** Diabetes melitus tipe 2 merupakan penyakit kronis yang tidak hanya menimbulkan gangguan fisik, tetapi juga tekanan psikologis berupa diabetes distress yang dapat memengaruhi *quality of life* pasien. Tuntutan pengelolaan penyakit seperti pengaturan diet, aktivitas fisik, pengobatan, serta risiko komplikasi dapat meningkatkan distress. Penelitian ini bertujuan untuk mengetahui hubungan antara diabetes distress dengan *quality of life* pada penderita diabetes melitus tipe 2 peserta Prolanis di Puskesmas Wiradesa.

**Metode:** Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Sampel berjumlah 73 responden yang diambil dengan teknik total sampling. Data dikumpulkan menggunakan kuesioner *Diabetes Distress Scale* (DDS) dan *Diabetes Quality of Life* (DQOL). Analisis data dilakukan menggunakan uji Spearman Rank.

**Hasil:** Hasil penelitian menunjukkan sebagian besar responden mengalami *diabetes distress* tinggi sebanyak 53,4% dan memiliki *quality of life* baik sebanyak 54,8%. Hasil uji statistik diperoleh p value 0,002 (<0,05) dengan koefisien korelasi -0,351, yang menunjukkan adanya hubungan negatif dengan kekuatan lemah antara *diabetes distress* dan *quality of life*.

**Simpulan:** Semakin tinggi *diabetes distress*, maka semakin rendah *quality of life* pasien, sehingga diperlukan penanganan tidak hanya secara medis tetapi juga psikologis.

**Kata Kunci:** *diabetes distress*, diabetes melitus tipe 2, *quality of life*, prolanis.

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## **ABSTRACT**

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**The Relationship between Diabetes Distress and Quality of Life in Type-2 Diabetes Mellitus Patients Who Join Chronic Disease Management Program (Called Prolanis) at the Wiradesa Health Center**

**Background:** Type-2 diabetes mellitus is a chronic disease that not only causes physical disorders, but also psychological stress in the form of diabetes distress which can affect the patient's quality of life. The demands of disease management such as diet, physical activity, medication, and the risk of complications can increase distress. The purpose of this study is to determine the relationship between diabetes distress and quality of life in type-2 diabetes mellitus patients participating in Prolanis at the Wiradesa Health Center.

**Method:** The design of this study is descriptive quantitative study with cross-sectional approach. This study involved 73 respondents of all Prolanis members of Wiradesa Health Center. The Diabetes Distress Scale (DDS) and Diabetes Quality of Life (DQOL) questionnaires were used in this study. Data were analyzed by using the Spearman Rank statistical test.

**Result:** The results of the study showed that the majority of respondents experienced high diabetes distress (53.4%) and had a good quality of life (54.8%). The statistical test obtained a p-value of 0.002 (<0.05) with a correlation coefficient of -0.351, which indicates a negative relationship with weak correlation between diabetes distress and quality of life.

**Conclusion:** The higher the diabetes distress, the lower the patient's quality of life. Therefore, a comprehensive treatment is necessary including medical and psychological as well.

**Keywords:** *diabetes distress, type-2 diabetes mellitus, quality of life, prolanis*

**Bibliography:** 86 (2016–2026)