

ABSTRAK

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Hubungan *Self-Care* Dengan Neuropati Perifer Berdasarkan *Michigan Neuropathy Screening Instrument* (MNSI) Pada Pasien Diabetes Melitus Yang Mengikuti Prolanis Di Puskesmas Wonopringgo

Latar Belakang: Diabetes melitus merupakan penyakit kronis yang dapat menimbulkan komplikasi neuropati perifer yang berdampak pada gangguan fungsi sensorik, motorik dan otonom. Penerapan *self-care* yang baik berperan penting dalam mencegah komplikasi diabetes. Program Prolanis menjadi salah satu upaya untuk meningkatkan *self-care* pada pasien diabetes melitus. Penelitian ini bertujuan untuk mengetahui hubungan *self-care* dengan neuropati perifer berdasarkan *Michigan Neuropathy Screening Instrument* (MNSI) pada pasien diabetes melitus yang mengikuti Prolanis di Puskesmas Wonopringgo.

Metode: Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross sectional*. Peneliti melibatkan 60 responden dengan teknik total sampling. Peneliti mengukur *self-care* menggunakan kuesioner *Summary of Diabetes Self-Care Activities* (SDSCA) dan menilai neuropati perifer menggunakan *Michigan Neuropathy Screening Instrument* (MNSI) yang telah diuji validitas dan reliabilitas.

Hasil: Hasil uji korelasi Pearson Product Moment menunjukkan adanya hubungan yang signifikan antara *self-care* dan neuropati perifer ($p < 0,001$). Nilai koefisien korelasi antara *self-care* (SDSCA) dengan MNSI A sebesar $r = -0,832$ dan dengan MNSI B sebesar $r = -0,831$ menunjukkan hubungan yang kuat dan bersifat negatif yang artinya semakin baik *self-care* yang dilakukan oleh pasien, maka semakin rendah skor neuropati perifer yang diperoleh.

Simpulan: Terdapat hubungan signifikan antara *self-care* dan neuropati perifer pada pasien diabetes peserta Prolanis, menegaskan pentingnya peran perawat dalam memperkuat edukasi, pemantauan, pendampingan berkelanjutan, serta pemeriksaan neuropati rutin.

Kata Kunci: Diabetes Melitus, *Self-Care*, Neuropati Perifer

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ABSTRACT

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The Relationship Between Self-Care and Peripheral Neuropathy Based on the Michigan Neuropathy Screening Instrument (MNSI) in Diabetes Mellitus Patients Following Prolanis (Chronic Disease Management Program) at Wonopringgo Community Health Center

Background: Diabetes mellitus is a chronic disease that can cause complications of peripheral neuropathy which impacts sensory, motor and autonomic function disorders. A good self-care plays an important role in preventing diabetes complications. Chronic Disease Management Program or called Prolanis is a pioneer to enhance patient self-care especially for diabetic patients. This study aims to determine the relationship between self-care and peripheral neuropathy based on the Michigan Neuropathy Screening Instrument (MNSI) in diabetes mellitus patients who participated in Prolanis at the Wonopringgo Community Health Center.

Method: The design of this study is correlational study with cross-sectional approach. This study involved 60 respondents of all Prolanis members of Wonopringgo Community Health Center. The Summary of Diabetes Self-Care Activities (SDSCA) questionnaire was used to measure self-care, whereas peripheral neuropathy was measured by using the Michigan Neuropathy Screening Instrument (MNSI) which has been tested for validity and reliability.

Result: The results of the Pearson Product Moment correlation test showed a significant relationship between self-care and peripheral neuropathy ($p < 0.001$). The correlation coefficient value between self-care (SDSCA) and MNSI A was $r = -0.832$ and with MNSI B was $r = -0.831$, indicating a strong and negative relationship, meaning that the better the self-care performed by the patient, the lower the peripheral neuropathy score obtained.

Conclusion: This study concludes that there is a significant relationship between self-care and peripheral neuropathy in diabetic patients participating in Prolanis. Therefore, community nurses are expected to increase education, monitoring, coaching, as well as neuropathy assessments.

Keywords: *Diabetes Mellitus, Self-Care, Peripheral Neuropathy*

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