

**ABSTRAK**

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**HUBUNGAN PERILAKU *SELF-CARE* DIABETES DENGAN FUNGSI KOGNITIF PADA PASIEN DIABETES MELITUS TIPE 2 DI WILAYAH KERJA PUSKESMAS WONOPRINGGO**

**Latar Belakang:** Diabetes melitus merupakan penyakit kronis yang memerlukan perilaku *self-care* yang baik untuk mencegah komplikasi. Fungsi kognitif berperan dalam kemampuan pasien memahami informasi kesehatan dan melaksanakan perawatan diri. Namun, bukti mengenai hubungan perilaku *self-care* dengan fungsi kognitif pada pasien diabetes di layanan kesehatan primer masih terbatas. Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku *self-care* diabetes dan fungsi kognitif pada pasien diabetes tipe 2.

**Metode:** Penelitian kuantitatif analitik dengan pendekatan *cross-sectional* melibatkan 175 pasien diabetes yang dipilih menggunakan teknik sampling sesuai metode penelitian yang telah ditetapkan. Perilaku *self-care* diukur menggunakan *Summary of Diabetes Self-Care Activities* (SDSCA), sedangkan fungsi kognitif diukur menggunakan *Montreal Cognitive Assessment–Indonesia* (MoCA-Ina). Analisis dilakukan menggunakan uji korelasi *Spearman* dengan tingkat kemaknaan 95% ( $\alpha = 0,05$ ).

**Hasil:** Sebagian besar responden memiliki perilaku *self-care* rendah dan fungsi kognitif normal. Hasil uji *Spearman* menunjukkan korelasi negatif dengan kekuatan sangat lemah dan tidak bermakna secara statistik ( $r = -0,091$ ;  $p = 0,229$ ).

**Simpulan:** Tidak terdapat hubungan yang bermakna antara perilaku *self-care* diabetes dan fungsi kognitif pada pasien diabetes di wilayah kerja Puskesmas Wonopringgo. Penelitian lanjutan dengan mempertimbangkan faktor-faktor perancu dan desain longitudinal diperlukan untuk memperoleh pemahaman yang lebih komprehensif.

**Kata Kunci:** Diabetes Melitus, *Self-Care*, Fungsi Kognitif, Moca-Ina, SDSCA.

**Daftar Pustaka:** 77 (1988 – 2025)

## ABSTRACT

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### **THE CORRELATION BETWEEN *DIABETES SELF-CARE BEHAVIOR* AND COGNITIVE FUNCTION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE WORKING AREA OF THE WONOPRINGGO HEALTH CENTER**

**Background:** Diabetes mellitus is a chronic disease that requires good *self-care behavior* to prevent complications. Cognitive function plays a role in the patient's ability to understand health information and carry out self-care. However, evidence on the relationship between *self-care behaviors* and cognitive function in diabetic patients in primary health care is limited. This study aims to determine the relationship between diabetic *self-care* behavior and cognitive function in type 2 diabetes patients.

**Methods:** Quantitative analytical research with a *cross-sectional* approach involved 175 diabetic patients who were selected using sampling techniques according to the established research method. *Self-care* behaviors were measured using the *Summary of Diabetes Self-Care Activities* (SDSCA), while cognitive function was measured using the *Montreal Cognitive Assessment–Indonesia* (MoCA-Ina). The analysis was carried out using the *Spearman correlation test* with a significance level of 95% ( $\alpha = 0.05$ ).

**Results:** Most respondents had low *self-care behaviors* and normal cognitive function. The results of the *Spearman* test showed a negative correlation with very weak and statistically meaningless strength ( $r = -0.091$ ;  $p = 0.229$ ).

**Conclusion:** There was no meaningful correlation between diabetic *self-care* behavior and cognitive function in diabetic patients in the work area of the Wonopringgo Health Center. Further research taking into account confounding factors and a longitudinal design is needed to gain a more comprehensive understanding.

**Keywords:** *Diabetes Mellitus, Self-Care, Cognitive Function, Moca-Ina, SDSCA.*

**Bibliography:** 77 (1988 – 2025)