

ABSTRAK

Atika Sani¹, Trina Kurniawati²

HUBUNGAN *SELF EFFICACY* DENGAN *SELF CARE MANAGEMENT* PASIEN DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS KUSUMA BANGSA KOTA PEKALONGAN

Latar Belakang: Diabetes Melitus merupakan penyakit kronis yang membutuhkan *self care management* secara terus menerus. Diabetes yang tidak terkontrol dapat mengakibatkan komplikasi. Dalam meningkatkan *self care management* terdapat beberapa faktor yang memengaruhi salah satunya yaitu *self efficacy*. Tujuan penelitian ini untuk mengetahui hubungan *self efficacy* dengan *self care management* pasien diabetes melitus di wilayah kerja Puskesmas Kusuma Bangsa Kota Pekalongan.

Metode: Desain penelitian ini menggunakan desain *analitik korelasi* dengan pendekatan *cross sectional*. Teknik pengambilan sampel berupa teknik *total sampling* dengan sampel sejumlah 105 responden. Pengumpulan data menggunakan kuesioner *Diabetes Management Self Efficacy Scale (DMSES)* dan kuesioner *Summary of Diabetes Self Care Activities (SDSCA)* yang dianalisis menggunakan uji korelasi *Pearson*.

Hasil: Hasil penelitian didapatkan bahwa *self efficacy* pasien diabetes rata-rata 166,12 dengan skor minimal 109 dan maksimal 192, *self care management* didapatkan rata-rata 74,38 dengan skor minimal 50 dan maksimal 102, uji *pearson* pada penelitian ini diperoleh nilai $p \text{ value} < 0,001$ dan nilai $r \text{ Correlation}$ didapatkan nilai sejumlah 0,439.

Simpulan: Ada hubungan *self efficacy* dengan *self care management* pasien diabetes melitus. Diharapkan bagi pasien diabetes melitus lebih teratur lagi dalam memonitoring kadar gula darahnya agar glukosa darah dapat terkontrol dengan baik sehingga mencegah terjadinya komplikasi.

Kata Kunci: *Self Efficacy*, *Self Care Management*, Diabetes Melitus

Pustaka: 32 (2014-2024)

ABSTRACT

Atika Sani¹, Trina Kurniawati²

The Correlation between Self Efficacy and Self Care Management of Patients with Diabetes Mellitus at Working Area of Kusuma Bangsa Health Center, Pekalongan City

Background: Diabetes Mellitus is a chronic disease that requires continuous self-care management. The uncontrolled disease can result in complications. In improving self care management, there are some factors which have big effect, one of them is self efficacy. The study aims to investigate the correlation between self efficacy and self care management of patients with diabetes mellitus at working area of Kusuma Bangsa Health Center, Pekalongan City

Method: the study applied a correlation analytics design with cross sectional approach. There were 105 respondents as the sample using total sampling technique. Meanwhile, data collecting was conducted from the questionnaire of Diabetes Management Self Efficacy Scale (DMSES) and Summary of Diabetes Self Care Activities (SDSCA), analysed by Pearson correlation test.

Result: the result stated the average self-efficacy of diabetes patients is 166.12 with a minimum score of 109 and a maximum of 192 meanwhile the average of self care management 74.38 with a minimum score of 50 and a maximum of 102. Moreover, from the Pearson test in this study, the p value was <0.001 and the r correlation value was 0.439.

Conclusion: there is correlation between self efficacy and self care management of patients with diabetes mellitus. Therefore, for the patients with this condition, they have to monitor and check their blood sugar level regularly so that it can be well controlled to prevent the complication.

Kata Kunci: *Self Efficacy, Self Care Management, Diabetes Melitus*

Pustaka: 32 (2014-2024)