

**PENGARUH DIABETES *SELF MANAGEMENT EDUCATION*
(DSME) TERHADAP TINGKAT KECEMASAN, KUALITAS
TIDUR DAN KADAR GULA DARAH PENDERITA
DIABETES MELITUS TIPE 2**

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ABSTRAK

Diabetes Melitus merupakan penyakit kronis setiap tahunnya memiliki peningkatan angka kejadian dan kematian yang memerlukan penanganan serius dengan melibatkan penderita dalam penatalaksanaan perawatan mandiri melalui pendekatan *Diabetes Self Management Education* (DSME). DSME adalah proses untuk memfasilitasi pengetahuan, keterampilan dan kemampuan manajemen diri untuk mengontrol gejala dan menghindari komplikasi. Penelitian bertujuan untuk mengetahui pengaruh *Diabetes Self Management Education* (DSME) terhadap tingkat kecemasan, kualitas tidur dan kadar gula darah penderita diabetes melitus tipe 2 di wilayah kerja Puskesmas Kecamatan Kelapa Gading. Metode penelitian *pre-eksperimental* desain *one group pre-post test* dengan teknik *consecutive sampling* sebanyak 40 responden. Penelitian dilakukan 2 sesi melalui media kalender dalam 3 minggu. Kuesioner *Hamilton Anxiety Rating Scale* (HARS) mengukur tingkat kecemasan, *Pittsburgh Sleep Quality Indeks* (PSQI) kualitas tidur & glukometer, lembar observasi gula darah. Hasil penelitian, uji *Wilcoxon Signed Rank Test* tingkat kecemasan, kualitas tidur dan kadar gula darah sebelum dan sesudah intervensi ($p\text{-value} = 0,000 < 0,05$), artinya terdapat pengaruh signifikan *Diabetes Self Management Education* (DSME) terhadap tingkat kecemasan, kualitas tidur dan kadar gula darah penderita diabetes melitus tipe 2. Penelitian ini diharapkan diabetisi melakukan manajemen diri & DSME sebagai program yang terus diterapkan dan dikembangkan dalam praktik keperawatan di puskesmas, rumah sakit dan instansi kesehatan lainnya.

Kata Kunci : *Diabetes Self Management Education*, Tingkat Kecemasan, Kualitas Tidur, Kadar Gula Darah, Diabetes Melitus

EFFECT OF DIABETES SELF MANAGEMENT EDUCATION (DSME) ON ANXIETY LEVELS, SLEEP QUALITY AND BLOOD SUGAR LEVELS OF PATIENTS TYPE 2 DIABETES MELLITUS

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ABSTRACT

Diabetes Mellitus is a chronic disease that has an increasing number of incidents and deaths every year that require serious treatment by involving sufferers in self-care management through the Diabetes Self Management Education (DSME) approach. DSME is a process to facilitate knowledge, skills and self-management abilities to control symptoms and avoid complications. The aim of the study was to determine the effect of Diabetes Self Management Education (DSME) on anxiety levels, sleep quality and blood sugar levels of type 2 diabetes mellitus in the work area of the Kelapa Gading Health Center. The pre-experimental research method was a one group pre-post test design with a consecutive sampling technique of 40 respondents. The research was conducted in 2 sessions through calendar media in 3 weeks. Hamilton Anxiety Rating Scale (HARS) questionnaire measures anxiety level, Pittsburgh Sleep Quality Index (PSQI) sleep quality & glucometer, blood sugar observation sheet. The results of the study, the Wilcoxon Signed Rank Test test for anxiety levels, sleep quality and blood sugar levels before and after the intervention (p -value = 0.000 < 0.05), means that there is a significant effect of Diabetes Self Management Education (DSME) on anxiety levels, sleep quality and blood sugar levels in type 2 diabetes mellitus. This research is expected to carry out self-management & DSME as a program that continues to be implemented and developed in nursing practice in health centers, hospitals and other health institutions.

Keyword : *Diabetes Self Management Education, Anxiety Levels, Sleep Quality, Blood Sugar Levels, Diabetes Mellitus*