

# HUBUNGAN *SELF CARE ACTIVITIES* DIABETES MELITUS TERHADAP KADAR GULA DARAH DAN KUALITAS HIDUP PADA PASIEN DIABETES MELITUS TIPE II

Nida Alhaq

## Abstrak

Diabetes melitus (DM) adalah penyakit kronis yang dapat mempengaruhi kualitas hidup. *Self care activities* merupakan manajemen pengelolaan DM untuk mencegah komplikasi dan mengontrol glukosa darah yang terdiri dari pola makan, latihan fisik, perawatan kaki, terapi farmakologis, dan monitoring gula darah. Tujuan dari penelitian ini untuk menganalisis hubungan antara *self care activities* terhadap kadar gula darah dan tingkat kualitas hidup penderita DM di Puskesmas Kecamatan Ciracas. Penelitian ini merupakan penelitian kuantitatif dengan metode *cross sectional* dengan desain penelitian deskriptif korelasional. Pengambilan sampel menggunakan metode *purposive sampling* dengan total sampel 133 responden. Pengumpulan data menggunakan kuesioner SDSCA dan DQOL, sementara kontrol glikemik dinilai dengan GDS. Hasil analisis univariat didapatkan bahwa rata-rata usia 54 tahun dengan mayoritas berjenis kelamin perempuan (72,9%), berpendidikan SMA (42,1%), bekerja sebagai IRT (63,2%), menderita DM < 5 tahun (65,4%), dan menggunakan Obat Antihiperqlikemia Oral (98,5%). Mayoritas responden memiliki perilaku *Self Care Activities* kurang baik (51,1%), kadar gula darah >200 mg/dL (50,4%), dan kualitas hidup buruk (53,4%). Hasil analisis uji bivariat menggunakan uji *Chi Square* didapatkan bahwa terdapat hubungan yang signifikan antara perilaku *Self Care Activities* dengan kadar gula darah dan tingkat kualitas hidup pada penderita diabetes melitus di Wilayah Kerja Puskesmas Kecamatan Ciracas ( $P Value < 0,05$ );  $P Value < 0,05$ ).

**Kata Kunci:** Diabetes Melitus, *Self Care Activities*, Kualitas Hidup, Kadar Gula Darah

# **THE RELATIONSHIP OF DIABETES MELITUS SELF CARE ACTIVITIES DIABETES MELITUS WITH GLYCEMIC CONTROL AND QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES**

**Nida Alhaq**

## **Abstract**

Diabetes mellitus (DM) is a chronic disease that can affect quality of life. Self-care activities are ways of managing DM to prevent complications and control blood sugar level which consist of diet, physical exercise, foot care, pharmacological therapy, and blood sugar monitoring. This study aims to determine the relationship between self-care activities with blood sugar levels and quality of life in patient with DM in Ciracas Public Health Center. This study is a quantitative study with cross sectional method that uses descriptive correlational research design. Purposive sampling was used to collect data with total sample 133 respondents. Data collection using SDSCA and DQOL questionnaire, while glycemic control was assessed by GDS. The results of univariate analysis found that the average age was 54 years with majority being female (72.9%), had high school education (42.1%), worked as housewives (63.2%), suffered from DM <5 years (65.4%), using Oral Antihyperglycemic (98.5%), had poor Self-Care Activities (51.1%), blood sugar levels >200mg/dL (50.4%), and poor quality of life (53.4%). The results of bivariate analysis using Chi Square test found that there was a significant relationship between Self-Care Activities behavior with blood sugar levels and quality of life in people with diabetes mellitus (P Value<0,05);P Value<0,05).

**Keyword:** Diabetes mellitus, Self Care Activities, blood sugar levels, quality of life