# HUBUNGAN ANTARA *DIABETES DISTRESS* DENGAN *SELF CARE MANAGEMENT* DAN KADAR GULA DARAH PADA PENDERITA DIABETES MELITUS TIPE 2 DI PUSKESMAS PASAR REBO

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## Abstrak

Diabetes melitus tipe 2 dapat menimbulkan berbagai dampak salah satunya *diabetes distress*. *Diabetes distress* belum menjadi fokus utama dalam penatalaksanaan diabetes melitus Tujuannya untuk mengetahui hubungan antara *diabetes distress* dengan *self care management* dan kadar gula darah pada penderita diabetes melitus tipe 2 di Puskesmas Pasar Rebo. Penelitian ini kuantitatif menggunakan desain *cross sectional* dengan metode kuesioner dan dokumentasi. Jumlah sampel 116 responden melalui *purposive sampling*. Analisis menggunakan uji spearman. Rata-rata responden berusia 64 tahun dengan kadar gula darah puasa 162 mg/dL. Mayoritas responden berjenis kelamin perempuan sebanyak 85 responden, 55 responden berpendidikan SMA, 82 responden berstatus menikah, 74 responden menderita diabetes melitus dalam rentang 1-5 tahun, 107 responden mendapatkan terapi farmakologis jenis obat antidiabetes oral, 61 responden mengalami *diabetes distress* ringan, 69 responden mengalami *self care management* baik. Didapatkan hasil nilai p-value 0,000 < 0,05 dan nilai p-value 0,009 < 0,05. Terdapat hubungan antara *diabetes distress* dengan *self care management* dan kadar gula darah pada penderita diabetes melitus tipe 2 di Puskesmas Pasar Rebo. *Diabetes distress* dapat terdeteksi dan ditangani sehingga *self care management* dan gula darah tidak terdampak.

**Kata Kunci** : *diabetes distress*, diabetes melitus tipe 2, kadar gula darah, *self care management*

# THE RELATIONSHIP BETWEEN DIABETES DISTRESS WITH SELF-CARE MANAGEMENT AND BLOOD SUGAR LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT PUSKESMAS PASAR REBO

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## *Abstract*

*Type 2 diabetes mellitus can cause various impacts, one of which is diabetes distress. Diabetes distress has not been the main focus in the management of diabetes mellitus. The aim is to determine the relationship between diabetes distress with self-care management and blood sugar levels in patients with type 2 diabetes mellitus at Puskesmas Pasar Rebo. This study is quantitative using a cross sectional design with questionnaire and documentation methods. The sample size was 116 respondents through purposive sampling. Analysis using the spearman test. The average respondent was 64 years old with a fasting blood sugar level of 162 mg/dL. The majority of respondents were female as many as 85 respondents, 55 respondents had a high school education, 82 respondents were married, 74 respondents had diabetes mellitus in the range of 1-5 years, 107 respondents received pharmacological therapy of oral antidiabetic drugs, 61 respondents experienced mild diabetes distress, 69 respondents experienced good self-care management. The p-value of 0.000 < 0.05 and p-value of 0.009 < 0.05 were obtained. There is a relationship between diabetes distress with self care management and blood sugar levels in patients with type 2 diabetes mellitus at Puskesmas Pasar Rebo. Diabetes distress can be detected and treated so that self care management and blood sugar are not affected.*


***Keyword*** : *diabetes distress, type 2 diabetes mellitus, blood sugar levels, self-care management*