

HUBUNGAN *DIABETES DISTRESS* TERHADAP *OVERACTIVE BLADDER* PADA PASIEN *DIABETES MELITUS TYPE 2* DI RSUD TARAKAN JAKARTA

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Abstrak

Pasien diabetes sering mengalami tekanan diabetes akibat beban emosional dalam mengelola kondisi mereka, kekhawatiran tentang diet, olahraga, dan pemantauan glukosa, yang menimbulkan perasaan takut dan kewalahan. Pasien diabetes sering mengalami overactive bladder (OAB) akibat kombinasi neuropati, peradangan, dan faktor metabolik yang terkait dengan diabetes. Penelitian ini bertujuan untuk menganalisis hubungan antara *diabetes distress* terhadap *overactive bladder* pada pasien diabetes mellitus type 2. Desain penelitian ini menggunakan pendekatan cross sectional. Sampel pada penelitian ini menggunakan *consecutive sampling* dengan 156 responden yang telah memenuhi kriteria. Data dikumpulkan melalui kuesioner *Diabetes Distress Scale* (DDS-17) dan *Overactive Bladder Symptom Score* (OABSS). Hasil analisa uji korelasi spearman menunjukkan hubungan yang kuat dan berarah positif antara *diabetes distress* terhadap *overactive bladder* dengan nilai *p-value* sebesar 0,000 (*p-value* <0,05) ($r= 0,684$). Oleh karena itu pada penelitian ini terdapat hubungan yang signifikan antara *diabetes distress* terhadap *overactive bladder* pada pasien diabetes melitus type 2 di RSUD Tarakan Jakarta.

Kata Kunci : *Diabetes Distress*, Indeks Masa Tubuh, *Overactive Bladder*

THE RELATIONSHIP BETWEEN DIABETES DISTRESS AND OVERACTIVE BLADDER IN TYPE 2 DIABETES MELLITUS PATIENTS AT RSUD TARAKAN JAKARTA

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Abstract

Diabetic patients often experience diabetes distress due to the emotional burden of managing their condition, and concerns about diet, exercise, and glucose monitoring, which can lead to feelings of fear and addiction. Diabetic patients often experience overactive bladder (OAB) due to a combination of neuropathy, inflammation, and metabolic factors associated with diabetes. This study aims to analyze the relationship between diabetes distress and overactive bladder in patients with type 2 diabetes mellitus. The design of this study used a cross-sectional approach. The study used consecutive sampling with 156 respondents who met the criteria. Data was collected using the Diabetes Distress Scale (DDS-17) and Overactive Bladder Symptom Score (OABSS) questionnaires. The results of the Spearman correlation test analysis showed a strong and positive relationship between diabetes distress and overactive bladder with a p-value of 0.000 (p-value <0.05) ($r = 0.684$). Therefore, in this study, there was a significant relationship between diabetes distress and overactive bladder in patients with type 2 diabetes mellitus at Tarakan Hospital, Jakarta.

Keyword : Body Mass Index, Diabetes Distress, Overactive Bladder