

# HUBUNGAN *SELF-EFFICACY* DAN *COPING STYLE* DENGAN DIABETES *SELF-CARE MANAGEMENT* PADA PASIENT DIABETES MELITUS TIPE 2

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## Abstrak

Diabetes melitus tipe 2 merupakan penyakit kronis yang membutuhkan manajemen diri jangka panjang untuk mencegah komplikasi. Faktor psikologis seperti *self-efficacy* dan *coping style* berperan penting dalam keberhasilan diabetes *self-care management*. Penelitian ini bertujuan untuk menganalisis hubungan antara *self-efficacy* dan *coping style* dengan diabetes *self-care management* pada pasien diabetes melitus tipe 2 di RSUD Tarakan Jakarta. Desain penelitian menggunakan pendekatan cross-sectional dengan melibatkan 245 responden yang dipilih melalui teknik purposive sampling. Instrumen yang digunakan meliputi *Diabetes Management Self-Efficacy Scale (DMSES)*, *Brief COPE*, dan *Diabetes Self-Management Questionnaire (DSMQ)*. Analisis bivariat menggunakan uji *Chi-square*. Hasil penelitian menunjukkan adanya hubungan signifikan antara *self-efficacy* dengan *self-care management* ( $p = 0,000$ ) dan antara *coping style* dengan *self-care management* ( $p = 0,001$ ). Semakin tinggi tingkat *self-efficacy* dan *coping style* adaptif, maka semakin baik kemampuan manajemen diri pasien diabetes melitus tipe 2. Penelitian ini diharapkan dapat menjadi dasar pengembangan intervensi pendidikan kesehatan untuk meningkatkan kemampuan perawatan diri pasien.

**Kata kunci:** *Coping Style*, Diabetes Melitus Tipe 2, *Self-care Management*, *Self-efficacy*,

**THE RELATIONSHIP BETWEEN SELF-EFFICACY AND  
COPING STYLE WITH DIABETES SELF-CARE  
MANAGEMENT IN TYPE 2 DIABETES  
MELLITUS PATIENTS**

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***Abstract***

*Type 2 diabetes mellitus is a chronic disease that requires long-term self-management to prevent complications. Psychological factors such as self-efficacy and coping style play an important role in the success of diabetes self-care management. This study aims to analyze the relationship between self-efficacy and coping style with diabetes self-care management among patients with type 2 diabetes mellitus at Tarakan General Hospital, Jakarta. The research employed a cross-sectional design involving 245 respondents selected through purposive sampling. The instruments used included the Diabetes Management Self-Efficacy Scale (DMSES), Brief COPE, and the Diabetes Self-Management Questionnaire (DSMQ). Bivariate analysis was conducted using the Chi-square. The results showed a significant relationship between self-efficacy and self-care management ( $p = 0.000$ ), as well as between coping style and self-care management ( $p = 0.001$ ). Higher levels of self-efficacy and adaptive coping styles were associated with better self-care management among patients with type 2 diabetes mellitus. This study is expected to serve as a foundation for developing health education interventions aimed at improving patients' self-care abilities.*

**Keywords:** *Coping Style, Self-care Management, Self-efficacy, Type 2 Diabetes Mellitus*