

HUBUNGAN *HEALTH LITERACY* DENGAN *SELF-CARE MANAGEMENT* DAN KONTROL GLIKEMIK TERHADAP PASIEN DIABETES MELITUS TIPE 2 DI RSUD TARAKAN JAKARATA

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Abstrak

Diabetes melitus tipe 2 merupakan penyakit kronis yang memerlukan pengelolaan berkelanjutan melalui penerapan *self-care* dan pengendalian glikemik yang optimal. Salah satu faktor yang memengaruhi keberhasilan pengelolaan tersebut adalah tingkat *health literacy* pasien. Penelitian ini bertujuan untuk mengetahui hubungan antara *health literacy* dengan *self-care management* dan kontrol glikemik pada pasien diabetes melitus tipe 2 di RSUD Tarakan Jakarta. Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Sebanyak 115 pasien diabetes melitus tipe 2 dipilih sebagai responden menggunakan teknik *purposive sampling*. Pengukuran *health literacy* dilakukan menggunakan kuesioner HLS-EU-SQ10-IDN, *self-care management* dinilai menggunakan SDSCA, sedangkan kontrol glikemik diperoleh dari data rekam medis yang meliputi HbA1c, gula darah puasa, dan gula darah dua jam *postprandial*. Analisis data dilakukan dengan uji Chi-Square. Hasil penelitian menunjukkan adanya hubungan yang bermakna antara *health literacy* dan *self-care management* ($p = 0,001$). Namun, tidak ditemukan hubungan yang signifikan antara *health literacy* dengan kontrol glikemik berdasarkan HbA1c ($p = 0,177$), gula darah puasa ($p = 0,420$), maupun gula darah dua jam *postprandial* ($p = 0,425$). Penelitian ini menyimpulkan bahwa *health literacy* berperan dalam meningkatkan kemampuan *self-care* pasien, tetapi belum terbukti berhubungan langsung dengan pencapaian kontrol glikemik. Sehingga hal ini diharapkan dapat memberikan edukasi diabetes yang terstruktur, sederhana, dan disesuaikan dengan tingkat *health literacy* pasien, serta memperkuat pendampingan, motivasi, dan *self-efficacy* agar perilaku *self-care* dapat diterapkan secara konsisten.

Kata Kunci: Diabetes Melitus Tipe 2, *Health Literacy*, Kontrol Glikemik, *Self-Care Management*

THE RELATIONSHIP BETWEEN HEALTH LITERACY AND SELF-CARE MANAGEMENT AND GLYCEMIC CONTROL IN TYPE 2 DIABETES MELITUS PATIENTS

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Abstract

Type 2 diabetes mellitus is a chronic condition requiring continuous management through effective self-care practices and proper glycemic regulation. Health literacy is an important factor that influences patients' ability to manage their disease. This study examined the relationship between health literacy, self-care management, and glycemic control among patients with type 2 diabetes mellitus at Tarakan Regional Hospital in Jakarta. This study employed a quantitative cross-sectional design. A total of 115 patients with type 2 diabetes mellitus were recruited using purposive sampling. Health literacy was assessed using the HLS-EU-SQ10-IDN questionnaire; self-care management was measured using the Summary of Diabetes Self-Care Activities (SDSCA); and glycemic control data were obtained from the patients' medical records, including HbA1c levels, fasting blood glucose levels, and two-hour postprandial blood glucose levels. The data were analyzed using the chi-square test. The findings revealed a significant association between health literacy and self-care management ($p = 0.001$). However, no significant relationship was identified between health literacy and glycemic control, as measured by HbA1c ($p = 0.177$), fasting blood glucose ($p = 0.420$), or two-hour postprandial blood glucose ($p = 0.425$). In conclusion, health literacy contributes to better self-care management but is not directly associated with glycemic control outcomes in patients with type 2 diabetes mellitus. Therefore, these findings highlight the importance of providing structured and simplified diabetes education tailored to patients' health literacy levels, while strengthening patient support, motivation, and self-efficacy to promote consistent self-care behaviors.

Keywords : *Type 2 Diabetes Mellitus Health Literacy,, Glycemic Control, Self-Care Management,*