

Pengaruh *Self Efficacy* dan *God Locus of Health Control* Terhadap *Self Care Behavior* Pasien Diabetes Melitus Tipe 2: Studi *Mixed Method* di RSUD H. Badaruddin Tanjung-Tabalong (Kalimantan Selatan)

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ABSTRAK

Diabetes mellitus (DM) adalah salah satu di antara penyakit tidak menular yang menunjukkan kecenderungan peningkatan jumlahnya di masa datang. Pengelolaan diabetes diharapkan mampu mencegah dan mengurangi komplikasi akut dan kronis terutama dengan cara menerapkan *self-care behavior* (perilaku perawatan diri secara mandiri). **Tujuan** dalam penelitian ini untuk mengetahui pengaruh *self-efficacy* dan *god locus of health control* terhadap *self care behavior* pasien Diabetes Mellitus Tipe 2. **Metode:** *Mix method* dengan model sekuensial eksplanatori. Analisis kuantitatif dengan regresi linier berganda, dilanjutkan analisis kualitatif secara manual dengan pengkategorian tema kemudian disimpulkan dari kedua analisis tersebut. **Hasil:** *self-efficacy* dan *god locus of health control* memiliki pengaruh yang signifikan antara terhadap *self-care behavior* pasien DM tipe 2 dengan P value 0,020 ($P < 0,05$). Hasil penelitian kualitatif terdapat dua tema yaitu *self-efficacy* sebagai salah satu faktor penentu keberhasilan *self-care behavior* dan meyakini *takdir* dalam lingkup agama dan budaya. **Kesimpulan** *self-care behavior* dipengaruhi secara simultan oleh *self-efficacy* dan *god locus of health control* yang menunjukkan bahwa *self-efficacy* dan *god locus of health control* berpengaruh dalam pola perawatan diri dan *takdir* berperan dalam agama Islam dan kebudayaan.

Kata kunci: Diabetes Mellitus (DM), *god locus of health control*, *self-care behavior*, *self-efficacy*

Effect of Self Efficacy and God Locus of Health Control to Self Care Behavior Diabetes Mellitus Type 2 Patient: Mixed Method Study in H. Badaruddin Hospital Tanjung-Tabalong (South Borneo)

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ABSTRACT

Diabetes mellitus (DM) was one of the non-communicable diseases that showed a tendency for future increases in numbers. Management of diabetes was expected to prevent and reduce acute and chronic complications, especially by applying self-care behavior (self-care behavior independently). **The purpose** of this research was to know the influence of self-efficacy and god locus of health control on self-care behavior of Diabetes Mellitus Type 2 patient. **Method:** Mix method with explanatory sequential model. Quantitative analysis with multiple linear regression, continued by qualitative analysis manually with categorization of theme then concluded from both analysis. **Result:** self-efficacy and god locus of health control have a significant influence between the self-care behavior of patients with type 2 diabetes with P Value 0,020 ($P < 0,05$). The results of qualitative research there are two themes of self-efficacy as one of the determinants of the success of self-care behavior and believe in destiny in the sphere of religion and culture. **The conclusion** of self-care behavior was influenced simultaneously by self-efficacy and god locus of health control which shows that self-efficacy and god locus of health control influence in self-care pattern and fate play a role in Islam and culture.

Keyword: Diabetes Mellitus (DM), *god locus of health control, self-care behavior, self-efficacy*