

## INTISARI

Disfungsi ereksi adalah salah satu dari komplikasi diabetes melitus yang jarang terdeteksi. Penelitian ini bertujuan untuk mengetahui gambaran disfungsi ereksi pada pasien diabetes melitus berdasarkan karakteristik demografi usia, lama menderita diabetes, kadar gula darah sewaktu, jenis pekerjaan, riwayat keluarga dan penyakit penyerta.

Penelitian ini bersifat deskriptif dengan pendekatan *crosssectional* pada 32 responden yang dipilih dengan cara aksidental sampling. Data dikumpulkan menggunakan kuesioner *International Index of Erectile Function* 5 dimensi fungsi ereksi versi bahasa Indonesia. Data dianalisa menggunakan statistik deskriptif.

Hasil penelitian ini menunjukkan lebih dari sepertiga responden berusia antara 56-65 tahun dengan lama menderita DM lebih dari 10 tahun, dan kadar gula darah sewaktu tidak terkontrol. Sebanyak 29 responden (90,6%) mengalami kejadian disfungsi ereksi yaitu 5 responden disfungsi ereksi ringan, 2 responden disfungsi ereksi ringan-sedang, 7 responden disfungsi ereksi sedang dan 15 responden disfungsi ereksi berat.

Frekuensi dan tingkat disfungsi ereksi bervariasi sesuai dengan usia, lama menderita diabetes, kadar gula darah sewaktu, jenis pekerjaan, riwayat keluarga dengan diabetes dan penyakit penyerta. Perawat sebaiknya mengkaji fungsi seksual dan dampaknya pada pasien DM. Penelitian selanjutnya disarankan untuk menggunakan seluruh dimensi IIEF-5 serta mengeksplorasi dampak disfungsi ereksi terhadap kualitas hidup pasien dan pasangan.

***Kata kunci:*** *Diabetes Melitus, Disfungsi Ereksi*

## **ABSTRACT**

*Erectile dysfunction is one of the complications of diabetes mellitus which have rarely detected. The aims of this study were to determine representation of erectile dysfunction in diabetes mellitus patient based on age, duration of diabetes, blood glucose level, occupation, family history and comorbidities.*

*This is descriptive study with cross sectional approach on 32 respondents that were selected through accidental sampling. The data were collected by using erectile function's domain of International Index of Erectile Function 5 questionnaire in Indonesian version. The data were analyzed by using descriptive statistic.*

*The results showed that more than one-third of respondents's age were ranged from 56-65 years, duration of DM more than 10 years, and uncontrolled random blood glucose. Twenty-nine respondents (90,6%) had erectile dysfunction with 5 respondents had mild erectile dysfunction, 2 respondents had mild to moderate erectile dysfunction, 7 respondents had medium erectile dysfunction and 15 respondents had heavy erectile dysfunction respondents.*

*The frequency and rate of erectile dysfunction were vary according to age, duration of diabetes, blood glucose level, occupation, family history of diabetic and comorbidities. The nurse should assess sexual function and the effects of erectile dysfunction to patient with DM. Further reseacher is needed to use all dimension of IIEF-5 and explore the effect of erectile function to the quality of life of patient and his couple.*

**Keywords:** *DiabetesMellitus, Erectile Dysfunction*