

## ABSTRAK

Penyakit diabetes melitus menyebabkan berbagai macam komplikasi, salah satunya adalah ulkus diabetes yang berdampak pada gangguan mobilitas, gambaran diri, dan aktivitas yang menyebabkan penurunan harga diri dan kualitas hidup. Penelitian ini bertujuan untuk mengetahui gambaran kualitas hidup pasien ulkus DM di RS PKU Muhammadiyah Yogyakarta.

Penelitian ini bersifat deskriptif dengan pendekatan *crosssectional* pada 26 responden yang dipilih dengan cara *purposive sampling*. Data dikumpulkan menggunakan kuesioner *DQOL (Diabetes Quality of Life)* versi Bahasa Indonesia yang valid dan reliabel. Data dianalisis menggunakan statistik deskriptif berupa frekuensi dan prosentase. Hasil penelitian ini menunjukkan usia rata-rata pasien berusia 53,8 tahun, sebagian besar berjenis kelamin perempuan (61,5%), tidak pernah melakukan pemeriksaan kaki mandiri (65,4%), memiliki ulkus DM derajat 1 (42,3%), memiliki riwayat ulkus sebelumnya (57,7%) dan pernah mendapatkan edukasi tentang perawatan kaki DM (61,5%). Kualitas hidup penderita ulkus DM sebagian besar dalam kategori kualitas hidup baik sebanyak 22 (84,6%), sisanya sebanyak 4 responden (15,4%) memiliki kualitas hidup kurang baik.

Sebagian besar penderita ulkus DM di RS PKU Muhammadiyah memiliki kualitas hidup baik. Perawat harus melakukan pengkajian kualitas hidup pasien DM dengan ulkus dan memberikan intervensi untuk meningkatkan kualitas hidup. Penelitian selanjutnya dapat menganalisis faktor-faktor yang dapat mempengaruhi kualitas hidup pasien ulkus DM.

***Kata kunci:*** *Diabetes Melitus, Ulcus Diabetes , Kualitas Hidup*

## **ABSTRACT**

*Diabetes mellitus can cause various complications, such as diabetic foot ulcer that has impact on mobility impairment, self-image, and activity that lead to decreasing patient's self-esteem and quality of life. The objective of this study was to describe the quality of life of patients with diabetic foot ulcers in RS PKU Muhammadiyah Yogyakarta.*

*This was descriptive study with cross sectional approach that involved 26 respondents who were chosen through purposive sampling technique. The data were collected by using the DQOL (Diabetes Quality of Life) questionnaire Indonesian version that was valid and reliable. The data were analyzed by using descriptive statistics including frequency and percentage. The results of this study showed that the average age of the patient was 53.8 years, most of them were female (61,5%), never performed diabetic foot care (65,4%), had diabetic foot ulcer grade 1 (42,3%), had history of previous ulcers (57,7%) and received education about DM foot care (61,5%). The quality of life of patients with DM ulcers was mostly good, counted for 22 respondents (84.6%) and the rest, 4 respondents (15.4%) had poor quality of life.*

*Most of the patients with diabetic foot ulcer in RS PKU Muhammadiyah has good quality of life. Nurses should assess the quality of life of DM patients with diabetic foot ulcers and provide interventions to improve their quality of life. Further research is needed to analyze the factors that contribute to the quality of life of patients with diabetic foot ulcer.*

*Keywords: Diabetes Mellitus, Diabetes Foot Ulcer, Quality of Life*

