GAMBARAN KEBUTUHAN PEMBERDAYAAN (*EMPOWERMENT*) PERAWAT TERKAIT *SELF-MANAGEMENT* DIABETES MELITUS TIPE 2 DI BANTUL

Lisa Herviani[1] dan Yanuar Primanda[2]

1. Mahasiswa Program Studi Ilmu Keperawatan, Fakultas Kedokteran dan Ilmu Kesehatan, Universitas Muhammadiyah Yogyakarta, Jalan Brawijaya, Kasihan, Tamantirto, Kasihan, Bantul, Daerah Istimewa Yogyakarta, 55183, Indonesia
2. Dosen Program Studi Ilmu Keperawatan, Universitas Muhammadiyah Yogyakarta, Jalan Brawijaya, Kasihan, Tamantirto, Kasihan, Bantul, Daerah Istimewa Yogyakarta, 55183, Indonesia

E-mail: lisaherviani19@gmail.com

INTISARI

Latar Belakang: Diabetes melitus adalah salah satu penyakit kronis yang dapat mengakibatkan berbagai macam komplikasi. *Self-management* merupakan hal terpenting untuk penatalaksanaan pasien DM. Perawat perlu diberdayakan untuk membantu pasien dalam hal *self-management* pasien DM.

Tujuan: Penelitian ini bertujuan untuk mengetahui kebutuhan pemberdayaan (*empowerment*) perawat puskesmas untuk memfasilitasi *self-management* pada pasien DM tipe 2.

Metode Penelitian: Penelitian ini bersifat deskriptif dengan pendekatan *cross sectional.* 51 perawat puskesmas dari 9 puskesmas di Bantul Yogyakarta dipilih sebagai responden dalam penelitian ini menggunakan teknik *cluster sampling.* Data dikumpulkan dengan menggunakan kuesioner yang valid dan reliable yaitu Kuesioner Kebutuhan Pemberdayaan (*Empowerment*) Perawat. Data dianalisis dengan menggunakan statistik deskriptif.

Hasil: Hasil penelitian ini menunjukkan bahwa dari 51 perawat hanya 13 perawat yang mengikuti pelatihan penyuluhan educator DM. Sebagian besar perawat memiliki motivasi, *self-efficacy* keterampilan dalam level sedang (masing-masing 64,7%, 76,5%, 86,3%), peran perawat sebagai edukator, komunikasi, kepuasan kerja dan pengetahuan berada pada tingkat yang cukup (64,7%, 86,3%, 76,5%, dan 80,4% untuk masing-masing variable).

Kesimpulan: Perawat puskesmas masih perlu diberdayakan dalam hal motivasi, *self-efficacy,* peran perawat sebagai edukator, komunikasi, keterampilan, kepuasan kerja, dan pengetahuan terkait *self-management* DM. hal ini penting untuk meningkatkan perawat dalam memfasilitasi *self-management* pada pasien DM. Puskesmas dapat menyediakan pelatihan khusus untuk memberdayakan perawat. Penelitian selanjutnya disarankan untuk memeriksa kebutuhan pemberdayaan perawat di rumah sakit dan mengembangkan program untuk memberdayakan perawat.

Kata kunci: Diabetes Melitus, Pemberdayaan Perawat, Self-Management DM

REPRESENTATION THE EMPOWERMENT NEEDS OF NURSES RELATED TO TYPE 2 DIABETES MELLITUS SELF-MANAGEMENT IN BANTUL

Lisa Herviani[1] and Yanuar Primanda[2]

1. College student Nursing Science Study Program, Faculty of Medicine and Health Sciences, Muhammadiyah University Yogyakarta, Brawijaya street, Kasihan, Tamantirto, Kasihan, Bantul, Special Region of Yogyakarta, 55183, Indonesia
2. Lecturer Nursing Science Study Program, Faculty of Medicine and Health Sciences, Muhammadiyah University Yogyakarta, Brawijaya street, Kasihan,

E-mail: lisaherviani19@gmail.com

Abstract

Background: *Diabetes mellitus is one of chronic diseases which have many complications. Self-management is the most important thing for managing diabetes mellitus. Nurses need to be empowered to facilitate better diabetes self-manegement people with diabetes mellitus.*

Objective: *This study was to determine the empowerment needs of primary health care nurses to facilitate self-management among peoples with type 2 diabetes mellitus.*

Research Method: *This was descriptive study with cross sectional approach. Fifty-one publich health nurses from 9 public health centres in Bantul Yogyakarta were selected as participants in this study by using cluster sampling technique. The data were collected by using valid and reliable questionnaire named the Nurses Empowerment Needs Questionnare developed by the researchers.The data were analyzed by using descriptive statistics.*

Results: *The results of this study showed that out of 51 nurses only 13 nurses participated in DM educator counseling training. Most of the nurses had motivation, self-efficacy, and skills in moderate level (64.7%, 76,5%, and 86.3% respectively). The nurses' role as educator, communication, job satisfaction, and knowledge were in sufficient level (64.7%, 86.3%, 76.5%, and 80.4% for each variable).*

Conclusion: *Public health center nurses still need to be empowered in term of motivation, self-efficacy, role as educators, communication, skills, job satisfaction, and knowledge regarding self-management DM. These are important to improve nurse ability to facilitate self-management among people with diabetes mellitus. Public health center can provide specific training to empower the nurses. Further research is needed to examine the nurses empowerment needs in hospital and develop program to empower nurses.*

Keywords: *Diabetes Melitus, DM Self-Management, Empowerment of Nurse*s