

## ABSTRAK

### **EFEKTIVITAS *DIABETES SELF MANAGEMENT EDUCATION* TERHADAP *SELF CARE BEHAVIOR* PENDERITA DM TIPE 2 DI WILAYAH KERJA PUSKESMAS NGAWEN**

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**Latar Belakang:** Diabetes telah menjadi salah satu ancaman utama bagi kesehatan manusia di abad ke-21. Penatalaksanaan DM tipe 2 diharapkan dapat mencegah dan mengurangi komplikasi akut dan kronis. DSME dapat memfasilitasi penderita dalam pengetahuan, keterampilan, dan kemampuan untuk mencegah komplikasi.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui efektivitas DSME terhadap *self care behavior* penderita DM Tipe 2.

**Metode:** Desain penelitian *quasi eksperimen* dengan rancangan *pretest- posttest desain*. Responden dalam penelitian ini adalah penderita DM Tipe 2 dari pengkajian PIS-PK di Wilayah Kerja Puskesmas Ngawen sejumlah 54 responden. Analisa data dari hasil penelitian menggunakan *Paired t-test* dan *Independent t-test* untuk mengetahui efektifitas DSME.

**Hasil :** Terdapat perbedaan bermakna secara *self care behavior* (nilai  $p$  0,02) dimana nilai ini  $< \alpha$  0,05 pada kelompok intervensi dan kelompok kontrol.

**Kesimpulan:** Penelitian ini menunjukkan bahwa *Diabetes Self Management Education* efektif terhadap *self care behavior* pada penderita DM tipe 2.

**Kata Kunci :** *Diabetes self management education*, Diabetes Mellitus Tipe 2, *Self Care Behavior*.

## ***ABSTRACT***

### **EFFECT OF DIABETES SELF MANAGEMENT EDUCATION TOWARD SELF CARE BEHAVIOR OF TYPE 2 DM PATIENTS : A CASE STUDY IN NGAWEN PRIMARY HEALTH CENTER**

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**Background:** Diabetes has become one of the main threats to human health in the 21st century. Management of type 2 diabetes is expected to prevent and reduce acute and chronic complications, especially by applying self care behavior. DSME can facilitate patients in terms of knowledge, skills and abilities to prevent further complications.

**Purpose:** This study aims to determine the effectiveness of DSME on self care behavior of people with type 2 DM.

**Method:** The study design was conducted using quasi – experimental with pretest- posttest design. Respondents in this study were sufferers of type 2 DM from the result of PISS-PK assessment in the work area of Ngawen community health center with 54 respondents. Analysis of the data from the result of the study used paired t-test and independent t-test to determine the effectiveness of DSME.

**Result :** There is a significant difference in the self care behavior (value  $p < 0,02$ ) where this value  $< \alpha$ , in the intervention group and control group.

**Conclusion:** This study shows that Diabetes Self Management Education is effective against selfcare in people with type 2 diabetes.

**Keyword:** Diabetes self management education, Diabetes mellitus type 2, Self care behavior