HUBUNGAN *SELF-EMPOWERMENT* DENGAN PERILAKU *SELF MANAGEMENT* DM PADA PENDERITA DIABETES MELITUS TIPE 2 DI WILAYAH BANTUL

Mahrika Oktaviyanti[1], Yanuar Primanda[2]

1. Mahasiswa Ilmu Keperawatan FKIK Universitas Muhammadiyah Yogyakarta
2. Dosen Ilmu Keperawatan FKIK Universitas Muhammadiyah Yogyakarta

E-mail : rikaoktavany@gmail.com

ABSTRAK

Self-empowerment adalah salah satu aspek penting dalam *self-management* pasien. Pasien yang berdaya (*empowered*) mampu mengelola diabetes mellitus mereka. Tujuan dari penelitian ini adalah untuk menguji hubungan antara *self-empowerment* dengan perilaku *self-management* pada pasien dengan DM tipe 2 di Bantul. Penelitian ini adalah penelitian korelatif dengan pendekatan *cross-sectional*. Sampel penelitian ini adalah 86 pasien dengan DM tipe 2 yang dipilih menggunakan teknik *purposive sampling*. Kuesioner DES-SF digunakan untuk mengukur s*elf-empowerment* dan kuesioner SDSCA digunakan untuk menilai perilaku *self-management* penderita DM. Data dianalisis dengan menggunakan uji Korelasi Rank Spearman dengan $p < 0,05$. Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara pemberdayaan diri pasien dan perilaku manajemen diri ($r = 0,648$, $p < 0,05$). Semakin tinggi *self-empowerment* maka semakin baik *self-management* penderita DM tipe 2. Perawat harus peduli untuk memberdayakan penderita DM untuk meningkatkan perilaku *self-management*. Penelitian selanjutnya perlu menggunakan metode observasi dan mengontrol kemungkinan variabel-variabel pengganggu.

Kata Kunci: Penderita DM tipe 2, self-empowerment, self-management.

Abstract

Self-empowerment is one of important aspects in patient's self-management. The empowered patients are able to manage their diabetes mellitus. The objective of this study was to examine the relationship between self-empowerment and self-management behavior in patients with type 2 DM in Bantul. This was correlation study with cross-sectional approach. The samples were 86 patients with type 2 DM which were selected through purpose sampling. The DES-SF questionnaire was used to measure self-empowerment and the SDSCA questionnaire was used to assess patient's self management behavior. The data were analyzed by using Spearman Rank Correlation test with $p < 0,05$. The result of the study showed that there was a significant correlation between patient's self-empowerment and self-management behavior ($r = 0,648$, $p < 0,05$). The better self-empowerment, the better self-management behavior of the patients. The nurses have to concern to empower patients to improve patient's self-management behavior. A further research is needed with observation method and controls the possible confounding variables.

Keywords: Patients with type 2 DM, self-empowerment, self-management.