

## Hubungan Antara Tingkat Pengetahuan Perawatan Kaki Dengan Kejadian Ulkus Kaki Pada Diabetisi Tipe 2

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### INTISARI

DM tipe 2 merupakan penyakit diabetes yang sering menimbulkan komplikasi. Komplikasi kronis yang sering terjadi adalah ulkus diabetikum. Ulkus diabetikum dapat menyebabkan amputasi kaki jika terjadi infeksi yang serius. Deteksi dan penanganan dini harus dilakukan sebelum timbulnya luka. Pengetahuan perawatan kaki penting bagi pasien DM tipe 2. Penelitian ini bertujuan mengetahui hubungan pengetahuan perawatan kaki dengan kejadian ulkus kaki pada diabetisi tipe 2.

Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional*. Analisis data menggunakan uji *Chi Square*. Populasi penelitian adalah semua pasien DM tipe 2 di RS PKU Muhammadiyah Yogyakarta. Menggunakan teknik *konsekutif sampling* dengan kriteria inklusi menyetujui *inform consent*, pasien DM tipe 2 yang kontrol di RS PKU Muhammadiyah Yogyakarta, sedangkan kriteria eksklusinya antara lain ialah pasien DM tipe 2 dengan komplikasi berat. Instrumen penelitian ini ialah dengan menggunakan kuesioner.

Hasil penelitian menunjukkan tingkat pengetahuan perawatan kaki responden ialah 61,8% (kategori cukup). Faktor-faktor demografi kejadian ulkus kaki pada diabetisi antara lain ialah, umur 50-60 tahun (56,4%), perempuan (52,7%), pendidikan SD (30,9%), penghasilan kurang dari Rp. 600.000,00 (56,4%), menderita DM kurang dari 5 tahun (60,0%). Hasil analisis *Chi Square* diperoleh nilai *p value* sebesar 0,000 ( $p < 0,05$ ).

Kesimpulan penelitian ini yaitu terdapat hubungan antara pengetahuan perawatan kaki dengan kejadian ulkus kaki pada diabetisi tipe 2. Hasil penelitian menunjukkan korelasi yang negatif, dimana semakin tinggi pengetahuan mengenai perawatan kaki maka kejadian ulkus kaki semakin rendah

**Kata kunci:** pengetahuan, ulkus kaki, perawatan, diabetisi

## **The Relationship Between Foot Care Knowledge with The Incidence of Foot Injury in Type 2 Diabetician**

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### **ABSTRACT**

Type 2 diabetes mellitus (DM) was a disease that caused many complications. One of the chronic complication was diabetic food ulcer. Diabetic food ulcer occurs in some of patients with diabetes and precedes leg amputation due to serious infection. Early detection and treatment must be given before the scar developed. Foot care education was important for the patient with diabetes mellitus. The aim of this research was to know the relation between foot care knowledge with the incidence of diabetic food ulcer in type 2 diabetician.

The methode of this research was analytical-observational with cross sectional approach. The data was analyzed with chi square. The research population was all patient with type 2 DM PKU Muhammadiyah Hospital, Yogyakarta. The sample was collected with consecutive sampling technique. The inclusion criteria was accept informed consent, type 2 DM in PKU Muhammadiyah Hospital Yogyakarta, while the exclusion critertia was type 2 DM with severe complication. The Instrument that used in this research was questionnaire.

The result of this research showed that the level of foot care knowledge was sufficient (61,8%). Demographic factor of diabetic food ulcer in type 2 diabetician were 50-60 year (56,4%), women (52,7%), elementary graduated (30,9%), the income was less than Rp. 600.000,00 (56,4%), have suffered with DM less than 5 year (60%). The *chi square* analytic result showed that the *p value* was 0,000 ( $p < 0,05$ ).

The conclusion of this research was there is a relation between foot care knowledge with the incidence of foot injury in type 2 diabetician. This study showed that there was a negatif correlation between foot care knowledge with the incidence of foot injury in type 2 diabetician, so the higher knowledge of foot care will reduced the incidence of foot injury in type 2 diabetician.

**Keyword: knowledge, foot ulcer, care, diabetic**