

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI
Penelitian, Juli 2026**

Vasya Adinda Pusparani Erilda

**Hubungan Literasi Kesehatan Digital dengan *Self Care Management* Pasien
Diabetes Melitus di Puskesmas Umban Sari**

xxi + 59 Halaman + 6 Tabel + 13 Lampiran

ABSTRAK

Diabetes melitus merupakan penyakit kronis yang memerlukan pengelolaan secara mandiri dan berkelanjutan untuk mencegah komplikasi. Salah satu permasalahan dalam pengelolaan diabetes melitus adalah belum optimalnya *self care management*, yang dapat dipengaruhi oleh kemampuan pasien dalam memperoleh, memahami, menilai, dan menggunakan informasi kesehatan digital. Penelitian ini bertujuan untuk mengetahui hubungan literasi kesehatan digital dengan *self care management* pasien diabetes melitus di Puskesmas Umban Sari. Penelitian ini dilakukan selama 3 minggu pada bulan Juli. Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Penelitian dilaksanakan pada 2 Juli sampai 25 Juli 2026. Sampel penelitian berjumlah 173 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan yaitu kuesioner *eHealth Literacy Scale* (eHEALS) untuk mengukur literasi kesehatan digital dan *Diabetes Self Care Management Questionnaire* (DSCMQ) untuk mengukur *self care management*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Hasil analisis univariat menunjukkan sebagian besar responden memiliki literasi kesehatan digital kategori tinggi sebanyak 110 responden (63,6%), dan *self care management* kategori baik sebanyak 109 responden (63,0%). Hasil uji Chi-Square diperoleh *p-value* $< 0,001$ ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara literasi kesehatan digital dengan *self care management*. Peneliti merekomendasikan peningkatan edukasi mengenai pemanfaatan informasi kesehatan digital yang benar dan terpercaya untuk mendukung pengelolaan diabetes melitus secara mandiri.

Kata Kunci: Literasi Kesehatan Digital, *Self Care Management*, Diabetes Melitus

Daftar Bacaan: 32 referensi (2019-2026)

**BACHELOR OF NURSING STUDY PROGRAM FACULTY OF NURSING
PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE PEKANBARU
Research, July 2026**

Vasya Adinda Pusparani Erilda

**The Relationship Between Digital Health Literacy and Self Care Management
Among Patients with Diabetes Mellitus at Umban Sari Public Health Center**

xii + 59 pages + 6 tables + 13 appendices

ABSTRACT

Diabetes mellitus is a chronic disease that requires continuous and independent self-management to prevent complications. One of the problems in diabetes mellitus management is suboptimal *self-care management*, which may be influenced by patients' ability to obtain, understand, evaluate, and use digital health information. This study aimed to determine the relationship between digital health literacy and *self-care management* among patients with diabetes mellitus at Umban Sari Public Health Center. The study was conducted over three weeks in July, from July 2 to July 25, 2026. This study employed a quantitative method with a *cross-sectional* design. A total of 173 respondents were selected using *purposive sampling*. The instruments used were the *eHealth Literacy Scale* (eHEALS) to measure digital health literacy and the *Diabetes Self-Care Management Questionnaire* (DSCMQ) to measure *self-care management*. Data were analyzed using univariate and bivariate analyses with the Chi-Square test at a significance level of $\alpha = 0.05$. The univariate analysis showed that the majority of respondents had a high level of digital health literacy, with 110 respondents (63.6%), while 109 respondents (63.0%) had good *self-care management*. The Chi-Square test showed a *p-value* of <0.001 ($p < 0.05$), indicating a significant relationship between digital health literacy and *self-care management*. The researcher recommends improving education on the appropriate and reliable use of digital health information to support independent diabetes mellitus management.

Keywords: Digital Health Literacy, *Self Care Management*, Diabetes Melitus

References: 32 references (2019-2026)