

PROGRAM STUDI S1 KEPERAWATAN

IKES PAYUNG NEGERI PEKANBARU

Skripsi, 16 Juli 2024

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Gambaran *Self Efficacy* Penderita Diabetes Meletus Di Puskesmas Simpang Tiga Kota Pekanbaru

ABSTRAK

Pravalensi Diabetes Melitus yang terus meningkat tentunya, akan diikuti juga dengan kejadian komplikasi atau penyakit Diabetes Melitus. Adapun beberapa faktor yang menyebabkan terjadinya komplikasi salah satunya *self efficacy* yang kurang baik dan kurang yakin dengan kemampuannya dalam perawatan diri, seperti memeriksakan kadar gula darah mandiri, diet atau menjaga pola makan sehat dan olahraga. Tujuan penelitian ini adalah untuk mengetahui *Self Efficacy* penderita Diabetes Melitus. Jenis penelitian kuantitatif dengan desain deskriptif, dengan jumlah sampel 94 responden menggunakan teknik *purposive sampling*. Waktu penelitian selama 1 bulan. Data dikumpulkan dengan menggunakan kuesioner *Management Self Efficacy Scale*. Hasil yang di dapatkan bahwa yang memiliki *self efficacy* yang baik sebanyak 38 responden (40,4%) dan yang memiliki *self efficacy* yang kurang baik sebanyak 56 responden (59,6%), kebanyakan mayoritas reponden adalah perempuan sebanyak 65 (69,1%), dengan umur paling banyak antara 45-60 tahun dengan 45 responden (49,9%), berpendidikan paling banyak SMA sebanyak 60 responden (63,8%), pekerjaan paling banyak adalah wiraswasta sebanyak 48 responden (51,1%) dan kebanyakan lama penderita DM kurang <5 tahun sebanyak 70 responden (74,5%). Bagi peneliti selanjutnya dapat menambahkan variabel yang lainya dengan uji yang berbeda.

Kata kunci : Diabetes Mellitus, *Self Efficacy*

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Description Of Self Efficacy Sufferer Diabetes Millitus In Puskesmas Simpang Tiga Kota Pekanbaru

ABSTRACT

The prevalence of diabetes mellitus continues to increase, of course, which will also be followed by the incidence of complications or diabetes mellitus. There are several factors that cause complicationThe prevalence of diabetes mellitus continues to increase, of course, which will also be followed by the incidence of complications or diabetes mellitus. There are several factors that cause complications, one of which is poor self-efficacy and lack of confidence in one's ability to care for oneself, such as checking one's own blood sugar levels, dieting or maintaining a healthy diet and exercise. The aim of this research is to determine the Self Efficacy of Diabetes Mellitus sufferers. This type of quantitative research with a descriptive design, with a sample size of 94 respondents using purposive sampling technique. The research time was 1 month. Data was collected using the Management Self Efficacy Scale questionnaire. The results obtained were that those who had good self-efficacy were 38 respondents (40.4%) and those who had poor self-efficacy were 56 respondents (59.6%), mostly the majority of respondents were women, 65 (69.1%).), with the most age being between 45-60 years with 45 respondents (49.9%), with a maximum education of high school as many as 60 respondents (63.8%), the most common occupation being self-employed with 48 respondents (51.1%) and Most DM sufferers have less than 5 years, 70 respondents (74.5%). Future researchers can add other variables with different tests.

Keywords : Diabetes Mellitus, Self Efficacy