

**PROGRAM STUDI S1 KEPERAWATAN, FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Dety Fazira

Pengaruh *Diabetes Self Management Education* (DSME) berbasis audiovisual terhadap pengetahuan *self care behaviour* pada penderita diabetes melitus di Puskesmas Simpang Tiga.

Xiv + 58 halaman + 9 tabel + 2 skema + 6 lampiran

ABSTRAK

Indonesia menempati urutan ke – 7 dengan jumlah pasien DM sebanyak 10,7 juta orang dan jumlah tersebut diperkirakan akan terus meningkat setiap tahunnya. Timbulnya komplikasi dipengaruhi oleh baik tidaknya pasien dalam melakukan *self care behavior*, apabila pasien tidak baik dalam melakukan *self care behavior* maka akan menyebabkan seseorang penderita DM mengalami komplikasi. *Self care behavior* memiliki peranan yang penting dalam pencegahan dan pengelolaan pasien diabetes melitus. Tujuan dari penelitian ini untuk mengetahui pengaruh pemberian intervensi *Diabetes Self-Management Education* (DSME) berbasis audiovisual terhadap pengetahuan dalam melakukan perawatan diri pada penderita diabetes. Jenis penelitian ini menggunakan *quasi experimental design* dengan rancangan *pre and post test without control*. Penelitian ini dilakukan di Puskesmas Simpang Tiga Pekanbaru. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Jumlah sampel sebanyak 78 orang. Instrumen penelitian menggunakan alat ukur *Diabetes Knowledge Questionnaire* (DKQ24) dan edukasi dalam bentuk video. Penelitian ini menggunakan analisis uji *Wilcoxon* menunjukkan bahwa nilai rata-rata pengetahuan *selfcare behaviour* pada penderita diabetes melitus adalah 27,50 (*Pretest-Posttest*). Hasil uji statistik menunjukkan pada pengetahuan *self care behaviour Pretest-Posttest* didapatkan hasil *p value* 0,000 atau $<0,05$ yang berarti H_0 ditolak, artinya ada hubungan antara DSME berbasis audiovisual terhadap pengetahuan *self care behaviour*. Hal ini dapat disimpulkan bahwa adanya pengaruh pengetahuan *selfcare behaviour* pada penderita diabetes melitus. Rekomendasi penelitian ini agar petugas kesehatan memberikan edukasi tentang *self care behavior* melalui audiovisual.

Kata Kunci : *Diabetes Self Management Education, Self Care Behaviour, Diabetes melitus.*

Referensi : 30 (2017-2023)

**S1 NURSING STUDY PROGRAM, FACULTY OF NURSING
PAYUNG STATE HEALTH INSTITUTE, PEKANBARU**

Research, August 2024

Dety Fazira

The effect of audiovisual-based Diabetes Self-Management Education (DSME) on self-care behavior knowledge in diabetes mellitus patients at Simpang Tiga Health Center.

Xiv + 58 pages + 9 tables + 2 schemes + 6 attachments

ABSTRACT

Indonesia ranks 7th with a total of 10.7 million DM patients and this number is expected to continue to increase every year. The emergence of complications is influenced by whether or not the patient is good at performing self-care behavior, if the patient is not good at performing self-care behavior, it will cause a person with DM to experience complications. Self-care behavior has an important role in the prevention and management of diabetes mellitus patients. The purpose of this study was to determine the effect of providing audiovisual-based Diabetes Self-Management Education (DSME) interventions on knowledge in performing self-care in diabetes mellitus patients. This type of research uses a quasi-experimental design with a pre and post test design without control. This research was conducted at the Simpang Tiga Pekanbaru Health Center. The sampling technique used was purposive sampling. The number of samples was 78 people. The research instrument used the Diabetes Knowledge Questionnaire (DKQ24) measuring instrument and education in the form of videos. This study used the Wilcoxon test analysis showing that the average value of self-care behavior knowledge in diabetes mellitus patients was 27.50 (Pretest-Posttest). The results of the statistical test showed that in the knowledge of self-care behavior Pretest-Posttest, the p value was 0.000 or <0.05 , which means that H_0 is rejected, meaning that there is a relationship between audiovisual-based DSME and knowledge of self-care behavior. It can be concluded that there is an influence of self-care behavior knowledge on people with diabetes mellitus. The recommendation of this study is for health workers to provide education about self-care behavior through audiovisual..

Keywords: *Diabetes Self Management Education, Self Care Behavior, Diabetes mellitus.*

References: 30 (2017-2023)