

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

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Analisis *Self-Management* pasien diabetes melitus tipe II di wilayah kerja Puskesmas Pangkalan Lesung

Xii + 65 Halaman + 10 Tabel + 1 Skema + 6 Lampiran

ABSTRAK

Self-management merupakan suatu perilaku yang berfokus pada peran serta tanggung jawab individu dalam pengelolaan penyakitnya Tujuan dari penelitian ini adalah untuk menganalisis *self-management* pasien diabetes mellitus Tipe II di wilayah kerja Puskesmas Pangkalan Lesung. Desain penelitian ini adalah deskriptif dengan studi pendekatan deskriptif kuantitatif. Penelitian ini dilakukan dengan jumlah sampel 58 responden menggunakan teknik total populasi. Pengumpulan data dengan cara pengisian kuesioer *self management* DM. Analisis yang digunakan adalah analisis univariat Hasil penelitian ini menunjukkan karakteristik responden sebagian besar adalah lansia akhir(46,56%),jenis kelamin perempuan (55,17%), bekerja (75,86%), menikah (93,10%), Pendidikan responden sebagian besar adalah Perguruan Tinggi (41,38%), Kadar gula darah responden sebagian besar dalam kategori normal (55,17%), tidak ada komplikasi (70,69%). Lama menderita DM sebagian besar dalam kategori ≥ 3 tahun (75,86%), sebagian besar responden memiliki riwayat DM pada keluarga(51,72%). Hasil penelitian ini menunjukkan sebagian besar *self-management* responden adalah baik (60,34%), dengan aspek dimensi pola makan (53,45%), Latihan Fisik (55,17%), Perawatan kaki (53,45 (46,55%). Kepatuhan minum obat (63,79%), Monitoring gula (58,62%). Dari hasil penelitian ini diharapkan dapat memberikan masukan dalam memberikan pelayanan kesehatan dan memberikan informasi pada pasien DM di Puskesmas Pangkalan Lesung

Kata kunci : Diabetes Mellitus, *Self-management*

Referensi : 56 (2014 – 2023)

**NURSING PROGRAM STUDY
FACULTY OF NURSE
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Analysis of Self-Management of type II diabetes mellitus patients in the Pangkalan Lesung Community Health Center working area

Xii + 65 Pages + 10 Tables + 1 Scheme + 6 Attachments

ABSTRACT

Self-management is a behavior that focuses on the role and responsibility of individuals in managing their disease. The aim of this research is to analyze the self-management of Type II diabetes mellitus patients in the Pangkalan Lesung Community Health Center working area. The type of research used in this research is quantitative with a descriptive research design with a quantitative descriptive study approach. This research was conducted with a sample size of 58 respondents using total population techniques. Data collection was done by filling out the DM self-management questionnaire. The analysis used is univariate analysis. The results of this study show that the characteristics of the respondents were mostly late elderly (46.56%), female (55.17%), working (75.86%), married (93.10%), Most of the respondents' education was tertiary (41.38%), most of the respondents' blood sugar levels were in the normal category (55.17%), there were no complications (70.69%). The duration of suffering from DM was mostly in the ≥ 3 years category (75.86%), most respondents had a family history of DM (51.72%). The results of this study showed that the majority of respondents' *self-management* was good (60.34%), with the dimensions of diet (53.45%), physical exercise (55.17%), foot care (53.45 (46.55%). % Compliance with taking medication (63.79%), Monitoring sugar (58.62%). The results of this study are expected to provide input in providing health services and providing information to DM patients at the Pangkalan Lesung Community Health Center.

Keywords : Diabetes Mellitus, Self management

Reference : 56 (2014 – 2023)