

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

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**Hubungan Dukungan Keluarga Dengan Kepatuhan Kontrol Gula Darah Pada Penderita
Diabetes Melitus di Wilayah Kerja Puskesmas Tembilahan Hulu
xiii +60 Halaman + 10 Tabel +12 Lampiran**

ABSTRAK

Diabetes melitus merupakan suatu kelompok penyakit dengan karakteristik hiperglikemia yang terjadi akibat gangguan kerja insulin yang dapat menimbulkan berbagai komplikasi kronik. Tatalaksana pasien dengan penyakit diabetes melitus yaitu kontrol rutin ke fasilitas kesehatan setidaknya 1 bulan sekali. Namun berdasarkan hasil wawancara masih ditemukan penderita diabetes yang belum patuh melakukan kontrol gula darah. Rendahnya kepatuhan ini dipengaruhi oleh berbagai faktor salah satunya dukungan keluarga. Bentuk dukungan keluarga tersebut berupa dukungan informasional, instrumental, emosional maupun penghargaan. Dengan adanya dukungan tersebut pasien cenderung diperhatikan dan didampingi sehingga kepatuhan kontrol gula darah dapat meningkat. Tujuan dari penelitian ini adalah untuk mengetahui hubungan dukungan keluarga dengan kepatuhan kontrol gula darah pada penderita diabetes melitus. Penelitian berjenis kuantitatif. Desain penelitian yang digunakan adalah deskripsi korelasi menggunakan alat instrumen kuesioner. Kuesioner dukungan keluarga berdasarkan *Heansarling Diabetes Family Support Scale (HDFSS)*. Kepatuhan kontrol diukur menggunakan lembar observasi. Analisa univariat dengan distribusi frekuensi dan analisa bivariat dengan uji statistik *chi square* untuk menganalisa hubungan antar variabel. Penelitian dilakukan di Puskesmas Tembilahan Hulu Kabupaten Indragiri Hilir pada 17-19 Juni 2026. Jumlah responden 76 orang penderita diabetes melitus. Hasil analisis univariat dukungan keluarga tinggi sebanyak 67 orang (88.2%) dan patuh kontrol sebanyak 70 orang (92.1%). Hasil analisis bivariat menyimpulkan bahwa ada hubungan antara dukungan keluarga dengan kepatuhan kontrol gula darah (p value 0.000; $\alpha=0.05$). Penelitian ini merekomendasikan agar perawat melakukan intervensi berupa edukasi kepada pasien dan anggota keluarga tentang pentingnya dukungan keluarga terhadap kepatuhan kontrol gula darah pada anggota keluarga yang menderita diabetes melitus dan dapat dijadikan sumber data untuk penelitian selanjutnya.

Kata kunci : Dukungan Keluarga, Kepatuhan Kontrol, *Diabetes Melitus*
Daftar Bacaan : (2014 – 2025)

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The Relationship Between Family Support and Blood Sugar Control Compliance in Diabetes Melitus Patients In The Tembilahan Hulu Community Health Center Work Area

xiii + 60 Pages + 10 Table + 12 Appendix

Abstract

Diabetes mellitus is a group of diseases characterized by hyperglycemia resulting from impaired insulin function, which can lead to various chronic complications. The management of patients with diabetes mellitus involves routine check-ups at healthcare facilities at least once a month. However, interviews reveal that some diabetic patients remain non-compliant with blood glucose monitoring. This low level of compliance is influenced by various factors, one of which is family support. Such support encompasses informational, instrumental, and emotional assistance, as well as validation. With this support, patients feel cared for and accompanied, which can improve compliance with blood glucose monitoring. The aim of this study was to determine the relationship between family support and compliance with blood glucose monitoring among patients with diabetes mellitus. This was a quantitative study utilizing a descriptive-correlational design and a questionnaire-based instrument. The family support questionnaire was based on the Heansarling Diabetes Family Support Scale (HDFSS), while monitoring compliance was measured using an observation sheet. Data analysis included univariate analysis (frequency distribution) and bivariate analysis (Chi-square test) to examine the relationship between variables. The study was conducted at the Tembilahan Hulu Community Health Center (Puskesmas) in Indragiri Hilir Regency from June 17 to 19, 2026, involving 76 respondents with diabetes mellitus. Univariate analysis showed that 67 respondents (88.2%) received high levels of family support, and 70 respondents (92.1%) were compliant with monitoring. Bivariate analysis concluded that there is a significant relationship between family support and compliance with blood glucose monitoring ($p\text{-value} = 0.000$; $\alpha = 0.05$). The study recommends that nurses implement educational interventions for patients and their families regarding the importance of family support for blood glucose monitoring compliance among family members with diabetes mellitus; the findings may also serve as a data source for future research.

Keywords : Family Support, Control Compliance, Diabetes Melitus

References : (2014-2025)