

**PROGRAM STUDI ILMU KEPERAWATAN FAKULTAS KEPERAWATAN
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**Hubungan Illness Perception Dengan Self Management Pada Penderita
Diabetes Melitus Di Wilayah Kerja Puskesmas Garuda Kota Pekanbaru
Xiii + 59 halaman + 11 tabel+ 1 skema + 18 lampiran**

ABSTRAK

Diabetes melitus (DM) adalah penyakit metabolik kronis yang ditandai dengan kadar glukosa darah tinggi akibat gangguan sekresi atau kerja insulin. Persepsi individu terhadap penyakitnya (*illness perception*) berperan penting dalam *self-management* untuk mengontrol gula darah dan mencegah komplikasi. Penelitian ini bertujuan untuk menganalisis hubungan *illness perception* dengan *self-management* pada penderita DM di wilayah kerja Puskesmas Garuda Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Sampel sebanyak 54 responden dipilih dengan teknik *accidental sampling*. Data dikumpulkan menggunakan kuesioner *Brief Illness Perception Questionnaire* (B-IPQ) dan) untuk *illness perception* dan *Diabetic Self-Management Questionnaire* (DSMQ) untuk *self-management*, kemudian dianalisis dengan uji *chi-square*. Hasil penelitian menunjukkan 28 responden (51,9%) memiliki *illness perception* negatif, dan 31 responden (57,4%) memiliki *self-management* buruk. Mayoritas 47 responden (87,0%) telah menderita DM selama 1–5 tahun, dengan faktor risiko utama pola makan tidak sehat sebanyak 19 responden (35,2%). Analisis statistik menunjukkan hubungan signifikan antara *illness perception* dan *self-management* ($p\text{-value} = 0,001$). Hasil ini menunjukkan bahwa *illness perception* yang negatif dapat berdampak pada buruknya *self-management*. Persepsi negatif terhadap DM dapat berdampak pada buruknya *self-management*. Oleh karena itu, diperlukan edukasi kesehatan yang lebih efektif, seperti pendampingan tenaga kesehatan dan pemanfaatan *telemedicine*, guna meningkatkan *illness perception* yang positif dan kepatuhan pasien dalam mengelola penyakitnya.

Kata kunci : *Illness perception, self-management, diabetes melitus*

Daftar Bacaan : 82 (2018-2024)

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**The Relationship Between Illness Perception and Self-Management in
Diabetes Mellitus Patients in the Working Area of Garuda Health Center,
Pekanbaru City**

Xiii + 59 pages + 11 tables + 1 schemes + 18attachment

ABSTRAK

Diabetes mellitus (DM) is a chronic metabolic disease characterized by high blood glucose levels due to impaired insulin secretion or action. An individual's perception of their illness (illness perception) plays an important role in self-management to control blood sugar and prevent complications. This study aims to analyze the relationship between illness perception and self-management in DM sufferers in the Garuda Pekanbaru Community Health Center working area. This research uses quantitative methods with a cross-sectional design. A sample of 54 respondents was selected using accidental sampling technique. Data was collected using the Brief Illness Perception Questionnaire (B-IPQ) and) for illness perception and the Diabetic Self-Management Questionnaire (DSMQ) for self-management, then analyzed using the chi-square test. The research results showed that 28 respondents (51.9%) had negative illness perception, and 31 respondents (57.4%) had poor self-management. The majority of 47 respondents (87.0%) had suffered from DM for 1–5 years, with the main risk factor being unhealthy eating patterns for 19 respondents (35.2%). Statistical analysis shows a significant relationship between illness perception and self-management (p -value = 0.001). These results indicate that negative illness perception can have an impact on poor self-management. Negative perceptions of DM can have an impact on poor self-management. Therefore, more effective health education is needed, such as assistance from health workers and the use of telemedicine, in order to increase positive illness perception and patient compliance in managing their illness.

Keywords : Illness perception, self-management, diabetes mellitus
References :82 (2018-2024)