

## ABSTRAK

### **Efektivitas DM *Self Management Education* (DMSME) Terhadap Pengetahuan Penderita Diabetes Mellitus Di Desa Jumeneng Kecamatan Mojoanyar Kabupaten Mojokerto**

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Diabetes Mellitus seringkali tidak disadari oleh penderitanya sehingga disebut penyakit *silent killer* karena lebih banyak diketahui saat sudah terjadi komplikasi. Komplikasi ini dapat terjadi karena kurangnya pengetahuan penderita tentang penyakit diabetes mellitus. Tujuan penelitian ini untuk mengetahui efektivitas DMSME terhadap pengetahuan penderita diabetes mellitus. Desain penelitian menggunakan *pre experimental* dengan pendekatan *one group pretest posttest design*. Populasi dalam penelitian ini adalah semua penderita diabetes mellitus di Desa Jumeneng Kecamatan Mojoanyar Kabupaten Mojokerto sebanyak 102 orang. Teknik sampling menggunakan *purposive sampling* sehingga didapatkan sampel sebanyak 25 orang. Instrument penelitian ini menggunakan SOP DMSME dan kuesioner DKQ 24. Analisa data menggunakan uji Wilcoxon. Hasil penelitian menunjukkan bahwa sebelum diberikan DMSME sebagian besar pengetahuan ibu cukup yaitu sebanyak 17 responden (68%), dan setelah diberikan DMSME sebagian besar pengetahuan ibu baik yaitu 16 responden (64%). Hasil analisa Uji *Wilcoxon Sign Rank* jumlah responden yang risiko pengetahuannya meningkat (*positive ranks*) sebanyak 25 orang, yang pengetahuannya tetap (*ties*) sebanyak 5 orang, didapatkan *p value* sebesar 0,000 kurang dari  $\alpha$  (0,05) sehingga  $H_1$  diterima yang artinya DMSME efektif dalam meningkatkan pengetahuan diabetes mellitus pada penderita diabetes mellitus di Desa Jumeneng Kecamatan Mojoanyar Kabupaten Mojokerto. DMSME yang dilakukan oleh tenaga kesehatan dapat meningkatkan pengetahuan penderita tentang penyakit diabetes mellitus melalui pemberian informasi tentang etiologi, klasifikasi, faktor risiko, tanda gejala, komplikasi, dan penatalaksanaan diabetes mellitus.

**Kata kunci : DMSME, Pengetahuan, Diabetes Mellitus**

## **ABSTRACT**

### **The Effectiveness of DM Self Management Education (DMSME) on the Knowledge of Diabetes Mellitus Sufferers in Jumeneng Village Mojoanyar District, Mojokerto Regency**

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Diabetes mellitus is often not realized by sufferers, so it is called a silent killer disease because it is more widely known when complications have occurred. This complication can occur due to the patient's lack of knowledge about diabetes mellitus. The aim of this research is to determine the effectiveness of DMSME on the knowledge of diabetes mellitus sufferers. The research design uses a pre-experimental approach with a one group pretest posttest design. The population in this study were all 102 people suffering from diabetes mellitus in Jumeneng Village, Mojoanyar District, Mojokerto Regency. The sampling technique used purposive sampling so that a sample of 25 people was obtained. This research instrument used the DMSME SOP and the DKQ 24 questionnaire. Data analysis used the Wilcoxon test. The research results showed that before being given DMSME, most mothers' knowledge was sufficient, namely 17 respondents (68%), and after being given DMSME, most mothers' knowledge was good, namely 16 respondents (64%). The results of the Wilcoxon Sign Rank Test analysis of the number of respondents whose risk of knowledge increased (positive ranks) was 25 people, whose knowledge remained (ties) were 5 people, obtained a p value of 0.000 less than  $\alpha$  (0.05) so that H1 was accepted which means that DMSME is effective in increasing knowledge of diabetes mellitus in diabetes mellitus sufferers in Jumeneng Village, Mojoanyar District, Mojokerto Regency. DMSME carried out by health workers can increase sufferers' knowledge about diabetes mellitus by providing information about etiology, classification, risk factors, signs and symptoms, complications and management of diabetes mellitus.

**Key words: DMSME, Knowledge, Diabetes Mellitus**