

ABSTRACT

THE RELATIONSHIP BETWEEN DIABETES DISTRESS AND SELF-CARE AMONG ELDERLY PEOPLE WITH DIABETES MELLITUS AT THE NGORO COMMUNITY HEALTH CENTER

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Elderly individuals are a vulnerable age group that experiences various physical, psychological, and social changes due to the aging process. In elderly patients with diabetes mellitus, the demands of long-term disease management may lead to emotional stress known as diabetes distress. This condition can affect the ability of elderly individuals to perform self-care activities, including dietary management, physical activity, blood glucose monitoring, medication adherence, and foot care. This study aimed to determine the relationship between diabetes distress and self-care among elderly patients with diabetes mellitus at Ngoro Public Health Center. This study employed a correlational analytic design with a cross-sectional approach. The study was conducted among elderly patients with diabetes mellitus who participated in the Prolanis program at Ngoro Public Health Center. The sampling technique used was purposive sampling, with a total sample of 52 respondents. The instrument used to measure diabetes distress was the Diabetes Distress Scale (DDS-17), while self-care was measured using the Summary of Diabetes Self-Care Activities (SDSCA). Data were analyzed using the Spearman Rho test. The results showed that nearly half of the respondents experienced moderate diabetes distress, accounting for 24 respondents (46.2%), and the majority of respondents had good self-care, accounting for 36 respondents (69.2%). The Spearman Rho test yielded a p-value of 0.001 (<0.05) with a correlation coefficient (r) of 0.448, indicating a moderate correlation. Based on the findings, it can be concluded that there is a significant relationship between diabetes distress and self-care among elderly patients with diabetes mellitus at Ngoro Public Health Center. Lower levels of diabetes distress experienced by the elderly are associated with better self-care practices.

Keywords: Diabetes Mellitus, Distress, Elderly, Self Care.

ABSTRAK

HUBUNGAN DIABETES DISTRESS DENGAN SELF CARE PADA LANSIA DIABETES MELITUS DI PUSKESMAS NGORO

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Lansia merupakan kelompok usia yang rentan mengalami berbagai perubahan fisik, psikologis, dan sosial akibat proses penuaan. Pada lansia dengan diabetes melitus, tuntutan pengelolaan penyakit yang berlangsung dalam jangka panjang dapat menimbulkan tekanan emosional yang dikenal sebagai diabetes distress. Kondisi tersebut dapat memengaruhi kemampuan lansia dalam melakukan self care yang meliputi pengaturan pola makan, aktivitas fisik, pemantauan kadar gula darah, kepatuhan pengobatan, dan perawatan kaki. Penelitian ini bertujuan untuk mengetahui hubungan diabetes distress dengan self care pada lansia diabetes melitus di Puskesmas Ngoro. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan cross sectional. Penelitian dilakukan pada lansia diabetes melitus yang mengikuti program Prolanis di Puskesmas Ngoro. Teknik pengambilan sampel menggunakan purposive sampling dengan jumlah sampel 52 responden. Instrumen yang digunakan untuk mengukur diabetes distress adalah Diabetes Distress Scale (DDS-17) dan untuk mengukur self care menggunakan Summary of Diabetes Self-Care Activities (SDSCA). Analisis data menggunakan uji Spearman Rho. Hasil penelitian menunjukkan hampir setengah responden mengalami diabetes distress kategori sedang sebanyak 24 responden (46,2%) dan sebagian besar responden memiliki self care kategori baik sebanyak 36 responden (69,2%). Hasil uji Spearman Rho diperoleh nilai $p\text{-value} = 0,001$ ($<0,05$) dengan nilai koefisien korelasi (r) = 0,448 yang menunjukkan kekuatan hubungan sedang. Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat hubungan antara diabetes distress dengan self care pada lansia diabetes melitus di Puskesmas Ngoro. Semakin rendah tingkat diabetes distress yang dialami lansia, maka semakin baik self care yang dilakukan.

Kata Kunci: Diabetes Melitus Distress, Lansia, *Self Care*