

ABSTRAK

HUBUNGAN INTERAKSI SOSIAL DENGAN PERSEPSI LANSIA TENTANG PENATALAKSANAAN DM

Ninik Farihatul Aulina

Diabetes melitus merupakan penyakit kronis yang memerlukan penatalaksanaan jangka panjang. Persepsi lansia terhadap penatalaksanaan diabetes dapat memengaruhi keberhasilan pengendalian penyakit. Interaksi sosial dalam kegiatan Prolanis diduga berperan dalam membentuk persepsi tersebut. Penelitian ini bertujuan menganalisis hubungan interaksi sosial dengan persepsi lansia tentang penatalaksanaan Diabetes Melitus di wilayah kerja Puskesmas Puri Kabupaten Mojokerto. Penelitian ini menggunakan pendekatan kuantitatif dengan desain analitik korelasional dan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh lansia penderita Diabetes Melitus yang terdaftar sebagai peserta aktif Prolanis di wilayah kerja UPT Puskesmas Puri Kabupaten Mojokerto sebanyak 100 orang. Teknik pengambilan sampel menggunakan consecutive sampling, sehingga diperoleh sampel sebanyak 54 responden yang memenuhi kriteria inklusi. Instrumen penelitian menggunakan kuesioner interaksi sosial dan kuesioner persepsi berdasarkan Health Belief Model (HBM). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat signifikansi $\alpha = 0,05$. Hasil analisis menunjukkan nilai koefisien *Phi* dan *Cramer's V* sebesar 0,417 menunjukkan kekuatan hubungan kategori sedang. Namun, sebanyak 25 responden dengan interaksi sosial baik masih memiliki persepsi negatif yang diduga dipengaruhi oleh tingginya *perceived barriers*, seperti kesulitan menjalankan pengobatan, mengatur pola makan, dan kekhawatiran terhadap efek samping terapi. Disimpulkan bahwa terdapat hubungan signifikan antara interaksi sosial dengan persepsi lansia tentang penatalaksanaan diabetes melitus. Namun, interaksi sosial yang baik belum tentu diikuti oleh persepsi yang positif sehingga diperlukan edukasi kesehatan berkelanjutan untuk mengurangi hambatan yang dirasakan dan meningkatkan pemahaman lansia mengenai penatalaksanaan diabetes melitus.

Kata kunci : interaksi sosial, persepsi, Diabetes Mellitus, Lansia, Prolanis

ABSTRAK

THE RELANTHIONSHIP BETWEEN SOCIAL INTERACTION AND OLDER ADULTS PERCEPTIONS OF DIABETES MELLITUS MANAGEMENT

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Diabetes mellitus is a chronic disease that requires long-term management. Older adults' perceptions of diabetes management influence treatment adherence and disease control. Social interaction within the Chronic Disease Management Program (Prolanis) may shape these perceptions. This study aimed to determine the relationship between social interaction and older adults' perceptions of diabetes mellitus management in the working area of Puri Community Health Center, Mojokerto Regency. This quantitative study employed a correlational analytic design with a cross-sectional approach. The population consisted of 100 older adults with diabetes mellitus enrolled in the Prolanis program. A total of 54 respondents were selected using consecutive sampling. Data were collected using a Social Interaction Questionnaire and a Health Belief Model (HBM)-based Perception Questionnaire. Data were analyzed using the Chi-square test with a significance level of $\alpha = 0.05$. The results showed a significant relationship between social interaction and older adults' perceptions of diabetes mellitus management ($p = 0.008$). The Phi coefficient and Cramer's V value of 0.417 indicated a moderate association. Despite having good social interaction, 25 respondents still reported negative perceptions, mainly due to perceived barriers such as difficulties in medication adherence, dietary management, and concerns about treatment side effects. In conclusion, social interaction was significantly associated with older adults' perceptions of diabetes mellitus management. However, good social interaction alone did not guarantee positive perceptions. Continuous health education is needed to reduce perceived barriers and improve older adults' understanding of diabetes mellitus management.

Keywords: *social interaction, perception, diabetes mellitus, older adults, Prolanis.*