

ABSTRAK

PENGARUH *PEER SUPPORT GROUP* TERHADAP *SELF MANAGEMENT* PASIEN DIABETES MELITUS DI PUSKESMAS BANGSAL KABUPATEN MOJOKERTO

Oleh:

Ahmad Ranga Kurniawan

Diabetes merupakan penyakit kronis yang memerlukan *Self-Management* secara berkelanjutan untuk mengendalikan kadar glukosa darah. Hambatan psikososial, rendahnya efikasi diri, dan kurangnya dukungan sosial menyebabkan *Self-Management* belum optimal sehingga diperlukan intervensi *PEER Support Group* untuk meningkatkan kemampuan pasien dalam mengelola diabetes. Penelitian ini bertujuan untuk mengetahui pengaruh *PEER Group Support* terhadap *Self-Management* pasien Diabetes Melitus. Desain penelitian ini adalah *Pre Experimental One Group Pretest-Posttest design*. Populasi dalam penelitian ini adalah seluruh peserta Prolanis yang menderita Diabetes Melitus di Puskesmas Bangsal Kabupaten Mojokerto sebanyak 73 orang. Teknik *sampling* menggunakan *Purposive Sampling*, sehingga didapatkan sampel 62 orang. Instrumen penelitian menggunakan *Diabetes Self Management Questionnaire* (DSMQ). Analisis data menggunakan Uji *Wilcoxon Sign Rank*. Hasil penelitian menunjukkan bahwa sebelum diberikan *PEER Group Support* sebagian besar responden mempunyai *Self Management* cukup yaitu 69,4%, dan sesudah diberikan *PEER Group Support* hampir seluruh responden mempunyai *Self Management* dalam kategori cukup yaitu 77,4%. Hasil uji statistik menunjukkan nilai $p\text{-value} = 0,000 (<0,05)$, sehingga terdapat pengaruh *PEER Group Support* terhadap *Self Management* pada pasien diabetes mellitus di Puskesmas Bangsal Kabupaten Mojokerto. *PEER Group Support* memberikan dukungan emosional, informasi, penghargaan, dan instrumental yang meningkatkan kemampuan *Self-Management*, responden yang tidak mengalami peningkatan *Self Management* dapat dipengaruhi oleh faktor pendidikan, pekerjaan, lama menderita diabetes, dan perubahan perilaku yang memerlukan waktu lebih panjang meskipun skor *Self-Management* telah meningkat.

Kata kunci: *PEER Group Support, Self Management, Diabetes Mellitus*

ABSTRACT

THE EFFECT OF PEER SUPPORT GROUP ON SELF-MANAGEMENT AMONG PATIENTS WITH DIABETES MELLITUS AT BANGSAL COMMUNITY HEALTH CENTER, MOJOKERTO REGENCY

By:

Ahmad Rangga Kurniawan

Diabetes mellitus is a chronic disease that requires continuous self-management to maintain blood glucose control. Psychosocial barriers, low self-efficacy, and inadequate social support often result in suboptimal self-management, highlighting the need for Peer Support Group interventions to enhance patients' ability to manage their condition. This study aimed to determine the effect of Peer Support Group on the self-management of patients with diabetes mellitus. This study employed a pre-experimental design using a one-group pretest-posttest approach. The population consisted of all Prolanis participants diagnosed with diabetes mellitus at Bangsal Community Health Center, Mojokerto Regency, totaling 73 individuals. Purposive sampling was applied, resulting in a sample of 62 respondents. The research instrument used was the Diabetes Self-Management Questionnaire (DSMQ). Data were analyzed using the Wilcoxon Signed-Rank Test. The results showed that before the Peer Support Group intervention, most respondents had a moderate level of self-management 69.4%, while after the intervention, almost all respondents demonstrated moderate self-management 77.4%. The statistics test yielded a p-value of 0.000 (<0.05), indicating a significant effect of Peer Support Group on the Self-Management of patients with diabetes mellitus at Bangsal Community Health Center, Mojokerto Regency. Peer Support Group provided emotional, informational, appraisal, and instrumental support that improved patients' self-management abilities. Respondents who did not show an improvement in self-management may have been influenced by factors such as educational level, occupation, duration of diabetes, and behavioral changes that require a longer period to achieve measurable improvement, although their self-management scores increased.

Keywords: *Peer Group Support, Self-Management, diabetes mellitus*