

ABSTRAK

HUBUNGAN ANTARA *SELF CARE MANAGEMENT* DENGAN KADAR GULA DARAH PADA PASIEN DIABETES MELLITUS TIPE 2 DI UPTD PUSKESMAS GAYAMAN KABUPATEN MOJOKERTO

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Diabetes Melitus (DM) Tipe 2 adalah penyakit kronis yang ditandai dengan meningkatnya kadar gula darah. Salah satu cara untuk mengontrol kadar gula darah adalah dengan melakukan *self care management*, seperti mengatur pola makan, berolahraga, minum obat secara teratur, dan memeriksa gula darah. Penelitian ini bertujuan untuk mengetahui hubungan *self care management* dengan kadar gula darah pada pasien DM Tipe 2 di UPTD Puskesmas Gayaman. Penelitian menggunakan desain *cross sectional* dengan jumlah populasi 349 pasien dan sampel 78 responden yang dipilih menggunakan teknik *purposive sampling*. Data *self care management* dikumpulkan menggunakan kuesioner *Diabetes Self-Management Questionnaire* (DSMQ), sedangkan data kadar gula darah diperoleh dari hasil pemeriksaan glukosa darah sewaktu. Analisis data menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan sebagian besar responden memiliki *self care management* baik sebanyak 44 responden (56,4%) dan kadar gula darah normal sebanyak 65 responden (83,3%). Hasil uji statistik menunjukkan nilai $p = 0,000$ dan koefisien korelasi $r = 0,833$, yang berarti terdapat hubungan yang signifikan dan sangat kuat antara *self care management* dengan kadar gula darah. Semakin baik *self care management* yang dilakukan pasien, semakin baik pula pengendalian kadar gula darahnya. Pengelolaan diri yang baik berperan penting dalam menjaga kadar glukosa darah tetap terkendali, mencegah terjadinya hiperglikemia, dan mengurangi risiko komplikasi diabetes melitus.

Kata Kunci : Diabetes Melitus Tipe 2, Kadar Gula Darah, *Self Care Management*

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-CARE MANAGEMENT AND BLOOD GLUCOSE LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT UPTD GAYAMAN PUBLIC HEALTH CENTER, MOJOKERTO REGENCY

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*Type 2 Diabetes Mellitus (T2DM) is a chronic disease characterized by elevated blood glucose levels. One of the strategies to control blood glucose levels is self-care management, which includes maintaining a healthy diet, engaging in regular physical activity, adhering to prescribed medication, and monitoring blood glucose levels. This study aimed to determine the relationship between self-care management and blood glucose levels among patients with Type 2 Diabetes Mellitus at UPTD Gayaman Public Health Center. This study employed a **cross-sectional** design. The population consisted of 349 patients, and a sample of 78 respondents was selected using a purposive sampling technique. Data on self-care management were collected using the Diabetes Self-Management Questionnaire (DSMQ), while blood glucose data were obtained from random blood glucose measurements. The data were analyzed using the Spearman Rank correlation test. The results showed that the majority of respondents had good self-care management (44 respondents; 56.4%) and normal blood glucose levels (65 respondents; 83.3%). The statistical analysis revealed a p -value of 0.000 and a correlation coefficient (r) of 0.833, indicating a statistically significant and very strong relationship between self-care management and blood glucose levels. Better self-care management was associated with better blood glucose control. In conclusion, effective self-care management plays an important role in maintaining controlled blood glucose levels, preventing hyperglycemia, and reducing the risk of complications associated with Type 2 Diabetes Mellitus.*

Keywords: *Blood Glucose Levels, Self-Care Management, Type 2 Diabetes Mellitus*