

ABSTRACT

SELF-CARE PRACTICES AMONG PATIENTS WITH DIABETES MELLITUS AT BANGSAL COMMUNITY HEALTH CENTER, MOJOKERTO REGENCY

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Diabetes mellitus is a chronic disease that requires adequate self-care abilities to help control the condition, prevent complications, and maintain quality of life. Self-care in patients with diabetes mellitus includes dietary management, physical activity, medication adherence, health monitoring, and foot care. This study aimed to describe self-care among patients with diabetes mellitus at UPTD Puskesmas Bangsal, Mojokerto Regency. This study employed a quantitative method with a descriptive design and a cross-sectional approach. The study population consisted of 78 participants enrolled in the diabetes mellitus Prolanis program, with a sample of 70 respondents selected using accidental sampling. Data were collected using the Indonesian version of the Summary of Diabetes Self-Care Activities (SDSCA) questionnaire and analyzed using univariate analysis with frequency and percentage distributions. The results showed that 38 respondents (54.3%) had a low level of self-care, while 32 respondents (45.7%) had a good level of self-care. These findings indicate that most patients with diabetes mellitus had a low level of self-care. Therefore, continuous health education and support are needed to improve patients' ability to practice self-care, particularly in dietary management, physical activity, medication adherence, health monitoring, and foot care.

Keywords: Diabetes Mellitus, Self-Care.

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ABSTRAK

***REPRESENTATIVE SELF-CARE* PADA PASIEN DIABETES MELITUS DI PUSKESMAS BANGSAL KABUPATEN MOJOKERTO**

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Diabetes melitus merupakan penyakit kronis yang memerlukan kemampuan *self-care* untuk membantu mengendalikan kondisi penyakit, mencegah komplikasi, dan mempertahankan kualitas hidup. *Self-care* pada pasien diabetes melitus meliputi pengaturan pola makan, aktivitas fisik, kepatuhan pengobatan, pemantauan kesehatan, dan perawatan kaki. Penelitian ini bertujuan untuk mengetahui gambaran *self-care* pada pasien diabetes melitus di UPTD Puskesmas Bangsal Kabupaten Mojokerto. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif dan pendekatan *cross-sectional*. Populasi penelitian terdiri dari 78 peserta Prolanis diabetes melitus, dengan sampel sebanyak 70 responden yang dipilih menggunakan teknik *accidental sampling*. Pengumpulan data dilakukan menggunakan kuesioner *Summary of Diabetes Self-Care Activities* (SDSCA) versi Bahasa Indonesia hasil adaptasi. Data dianalisis secara univariat menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa sebanyak 38 responden (54,3%) memiliki tingkat *self-care* dalam kategori kurang, sedangkan 32 responden (45,7%) berada dalam kategori baik. Hasil tersebut menunjukkan bahwa sebagian besar pasien diabetes melitus memiliki tingkat *self-care* dalam kategori kurang. Kondisi ini menunjukkan perlunya penguatan edukasi dan pendampingan secara berkelanjutan untuk meningkatkan kemampuan pasien dalam menerapkan *self-care*, khususnya dalam pengaturan pola makan, aktivitas fisik, kepatuhan pengobatan, pemantauan kesehatan, dan perawatan kaki.

Kata kunci: Diabetes Melitus, *Self-Care*.