

ABSTRAK

“REPRESENTASI SELF MANAGEMENT PADA PENDERITA DIABETES MELLITUS DI WILAYAH KERJA PUSKESMAS CEMENKALANG SIDOARJO”

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Pendahuluan: Diabetes mellitus merupakan penyakit kronis yang memerlukan pengelolaan mandiri secara terus-menerus untuk mencegah komplikasi vaskular dan neuropati. Kemampuan penderita dalam menerapkan regimen terapeutik di lingkungan rumah sangat dipengaruhi oleh kapasitas *self-management*. Penelitian ini bertujuan untuk mengetahui gambaran representasi *self-management* pada penderita diabetes mellitus tipe 2 di Wilayah Kerja Poli Umum Puskesmas Cemengkalang Kabupaten Sidoarjo. **Metode:** Desain penelitian menggunakan metode kuantitatif deskriptif. Populasi penelitian berjumlah 120 penderita dengan sampel sebanyak 92 responden yang diambil menggunakan teknik purposive sampling berdasarkan kriteria inklusi. Pengumpulan data menggunakan kuesioner baku Diabetes Self-Management Questionnaire (DSMQ) yang dimodifikasi (32 item pernyataan positif). Analisis data menggunakan statistik deskriptif univariat berupa distribusi frekuensi dan persentase. **Hasil:** Karakteristik responden mayoritas berjenis kelamin perempuan (58,7%), kelompok usia lansia muda 60–69 tahun (39,02%), latar belakang pendidikan SMA/Sederajat (50,00%), dan lama mendiagnosis diabetes >10 tahun (70,65%). Representasi aspek self-management secara spesifik menunjukkan: perilaku perawatan kaki berada pada kategori baik (52,17%); pemantauan gula darah berada pada kategori baik (41,30%); kepatuhan pengobatan berada pada kategori cukup (45,65%); pengelolaan pola makan berada pada kategori cukup (42,39%); sedangkan aktivitas fisik menunjukkan capaian terendah dengan kategori kurang (48,91%). Secara keseluruhan, representasi self-management pasien dominan berada pada kategori cukup (52,17%). **Kesimpulan:** Mayoritas penderita diabetes mellitus memiliki kemampuan self-management yang cukup. Keterbatasan utama terletak pada rendahnya aktivitas fisik, terutama pada kelompok perempuan lansia akibat hambatan fisiologis degeneratif dan bias kesibukan domestik. Institusi pelayanan kesehatan diharapkan mengoptimalkan kembali program promotif seperti kelompok senam diabetes terstruktur dan konseling modifikasi diet aplikatif harian.

Kata Kunci: Diabetes Mellitus, Perilaku Kesehatan, *Self-Management*.

ABSTRACT

“Representation of Self-Management among Diabetes Mellitus Patients in the Working Area of Cemengkalang Public Health Center, Sidoarjo”

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Introduction: Diabetes mellitus is a chronic metabolic disease requiring continuous self-care behaviors to control glycemic status and mitigate vascular or neuropathic complications. Patients' capability to implement therapeutic regimens at home is heavily determined by their *self-management* level. This study aimed to identify the representation of *self-management* among type 2 diabetes mellitus patients in the General Clinic Work Area of Cemengkalang Public Health Center, Sidoarjo Regency. **Methods:** This study utilized a descriptive quantitative design. The population comprised 120 patients, with a sample size of 92 respondents selected via purposive sampling technique based on specific inclusion criteria. Data collection was conducted using a modified Diabetes Self-Management Questionnaire (DSMQ) containing 32 positive items. Data were analyzed using descriptive univariate statistics to determine frequency distributions and percentages. **Results:** The majority of respondents were female (58.7%), aged 60–69 years old (39.02%), graduated from senior high school (50.00%), and had lived with diabetes for over 10 years (70.65%). The representation of specific self-management dimensions demonstrated that: foot care behavior was in the good category (52.17%); blood glucose monitoring was in the good category (41.30%); medication adherence was in the sufficient category (45.65%); dietary regulation was in the sufficient category (42.39%); while physical activity exhibited the lowest performance, falling into the poor category (48.91%). Overall, the patients' self-management representation was predominantly sufficient (52.17%). **Conclusion:** Most diabetes mellitus patients possess a sufficient level of self-management. The primary deficit lies in the lack of physical activity, particularly among elderly female patients due to degenerative physiological constraints and domestic role biases. Healthcare providers are expected to reactivate health promotion programs, including structured diabetic exercise groups and applicable dietary modification counseling.

Keywords: Diabetes Mellitus, Health Behavior, *Self-Management*.