

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan *Self-Care Management* dengan Kualitas Hidup pada Penderita Diabetes Melitus Tipe 2 di Wilayah Kerja Puskesmas Ambulu Kabupaten Jember

XVIII + 73 Halaman + 2 bagan + 19 tabel + 21 lampiran

ABSTRAK

Diabetes melitus tipe 2 memerlukan kemampuan *self-care management* sebagai bentuk perawatan mandiri untuk membantu pengendalian penyakit, mencegah komplikasi dan mempertahankan kualitas hidup. Kualitas hidup merupakan persepsi individu terhadap kesejahteraan fisik, psikologis, sosial, dan lingkungan. Tujuan penelitian ini untuk mengetahui hubungan *self-care management* dengan kualitas hidup pada penderita diabetes melitus tipe 2 di wilayah kerja Puskesmas Ambulu Kabupaten Jember. Desain penelitian ini menggunakan metode korelasional dengan pendekatan *Cross Sectional*. Populasi dalam penelitian ini sebanyak 57 responden, sampel penelitian sebanyak 50 responden dan teknik sampling menggunakan metode purposive sampling. Hasil penelitian menunjukkan bahwa *self-care management* responden sebagian besar berada pada kategori cukup sebanyak 29 responden (58,0%) dan kualitas hidup responden mayoritas pada kategori cukup sebanyak 41 responden (82,0%). Hasil uji statistik *Spearman Rank (Rho)* menunjukkan nilai $p < 0,019$ dengan koefisien korelasi $r = 0,331$. Terdapat hubungan antara *self-care management* dengan kualitas hidup pada penderita diabetes melitus tipe 2 di wilayah kerja Puskesmas Ambulu Kabupaten Jember. Hubungan lemah antara *self-care management* dan kualitas hidup menunjukkan bahwa kualitas hidup penderita diabetes melitus tipe 2 tidak hanya dipengaruhi oleh *self-care management*, tetapi juga dapat dipengaruhi oleh faktor usia, dukungan keluarga, kondisi psikologis dan adanya komplikasi penyakit yang memengaruhi kondisi kesehatan responden.

Kata kunci: Diabetes Melitus, *Self-Care Management*, Kualitas Hidup
Daftar Pustaka 41 (Tahun 2011-2026)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Relationship Between Self-Care Management and Quality of Life Among Patients with Type 2 Diabetes Mellitus in the Working Area of Ambulu Public Health Center, Jember Regency

XVIII + 73 Pages + 2 charts + 19 tables + 21 attachments

ABSTRACT

Type 2 diabetes mellitus requires self-care management as a form of self-care to assist in disease control, prevent complications, and maintain quality of life. Quality of life is an individual's perception of physical, psychological, social, and environmental well-being. This study aimed to determine the relationship between self-care management and quality of life among patients with type 2 diabetes mellitus in the working area of Ambulu Public Health Center, Jember Regency. This study employed a correlational design with a cross-sectional approach. The population of this study consisted of 57 respondents, with a sample of 50 respondents selected using a purposive sampling technique. The results showed that the majority of respondents had a moderate level of self-care management, with 29 respondents (58.0%), and the majority had a moderate quality of life, with 41 respondents (82.0%). The results of the Spearman Rank (Rho) statistical test showed a p-value of <0.019 with a correlation coefficient of $r = 0.331$. There was a relationship between self-care management and quality of life among patients with type 2 diabetes mellitus in the working area of Ambulu Public Health Center, Jember Regency. The weak relationship between self-care management and quality of life indicates that the quality of life of patients with type 2 diabetes mellitus is influenced not only by self-care management but also by factors such as age, family support, psychological condition, and the presence of disease complications that affect the respondents' health status.

Keywords: Diabetes Mellitus, Self-Care Management, Quality of Life
Bibliography 41 (Years 2011-2026)