

## ABSTRAK

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Karya Ilmiah Akhir, Juni 2026  
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Penerapan *Family Empowerment* dalam Meningkatkan Kemampuan Perawatan Keluarga yang Mengalami Diabetes Melitus Tipe 2 Di Desa Glagahwero Kecamatan Panti

xv + 75 hal + 7 tabel + 1 grafik + 15 lampiran

### Abstrak

**Pendahuluan:** Diabetes Melitus tipe 2 merupakan penyakit kronis yang memerlukan perawatan jangka panjang dan keterlibatan keluarga sebagai *caregiver*. Kemampuan keluarga yang belum optimal dalam mendukung perawatan pasien dapat mempengaruhi keberhasilan pengelolaan penyakit. Studi kasus ini bertujuan menganalisis penerapan *family empowerment* dalam meningkatkan kemampuan perawatan keluarga pada anggota keluarga yang mengalami Diabetes Melitus tipe 2. **Metode:** Studi kasus ini dilakukan pada tiga keluarga yang memiliki anggota keluarga dengan Diabetes Melitus tipe 2 di Desa Glagahwero, Kecamatan Panti, Kabupaten Jember pada April–Mei 2026. Intervensi *family empowerment* dilaksanakan selama empat minggu melalui empat fase. Data diperoleh menggunakan kuesioner *Caregiver Contribution to Self-Care of Diabetes Inventory* (CC-SCODI), observasi, wawancara, dan pemantauan kadar glukosa darah sewaktu (GDS). **Hasil:** Sebelum intervensi, seluruh keluarga memiliki skor CC-SCODI di bawah nilai *cut off* 70 yang menunjukkan kemampuan perawatan keluarga belum optimal. Setelah penerapan *family empowerment*, terjadi peningkatan skor pada seluruh dimensi CC-SCODI, yaitu *self-care maintenance*, *self-care monitoring*, *self-care management*, dan *caregiver self-efficacy*. Hasil pengkajian juga menunjukkan meningkatnya keterlibatan keluarga dalam perawatan, berkurangnya keluhan pasien, serta penurunan kadar glukosa darah sewaktu pada seluruh klien. **Kesimpulan:** Penerapan *family empowerment* mampu meningkatkan kemampuan perawatan keluarga dalam merawat anggota keluarga serta mendukung perbaikan kondisi pasien Diabetes Melitus tipe 2.

Kata kunci: *Family Empowerment*, Kemampuan Perawatan Keluarga, Diabetes Melitus

Daftar Pustaka 31 (2020 - 2025)

## **ABSTRACT**

MUHAMMADIYAH UNIVERSITY OF JEMBER  
PROFESSIONAL NURSING PROGRAM  
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*Final Nursing Paper, June 2026*  
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*Family Empowerment to Enhance Family Caregiving Ability in Caring for Patients with Diabetes Mellitus Type 2 in Glagahwero Village Panti District*

*xv + 75 pages + 7 tables + 1 figure + 15 appendices*

### **Abstract**

**Introduction:** Type 2 Diabetes Mellitus is a chronic disease that requires long-term care and family involvement as caregivers. Inadequate family ability to support patient care may affect successful disease management. This case study aimed to analyze the implementation of family empowerment in improving family caregiving ability among families of patients with Type 2 Diabetes Mellitus. **Methods:** This case study was conducted on three families with members diagnosed with Type 2 Diabetes Mellitus in Glagahwero Village, Panti District, Jember Regency, from April to May 2026. The family empowerment intervention was implemented over four weeks through four phases. Data were collected using the Caregiver Contribution to Self-Care of Diabetes Inventory (CC-SCODI) questionnaire, observations, semi-structured interviews, and random blood glucose monitoring. **Results:** Before the intervention, all families had CC-SCODI scores below the cut-off value of 70, indicating suboptimal family caregiving ability. After the implementation of family empowerment, improvements were observed in all CC-SCODI dimensions, including self-care maintenance, self-care monitoring, self-care management, and caregiver self-efficacy. The assessment also showed increased family involvement in patient care, reduced patient complaints, and decreased random blood glucose levels in all participants. **Conclusion:** The implementation of family empowerment improved family caregiving ability and supported the improvement of the clinical condition of patients with Type 2 Diabetes Mellitus.

*Keywords: Family Empowerment, Family Caregiving Ability, Diabetes Mellitus Type 2*

*References 31 (2020–2025)*