

Abstrak

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Hubungan Dukungan Sosial dengan *Self-Care Management* pada Pasien Diabetes Mellitus Tipe 2 di Puskesmas Arjasa Kabupaten Situbondo

xix + 90 halaman + 3 bagan + 21 tabel + 16 lampiran

Abstrak

Latar Belakang: Pengelolaan perawatan mandiri pada pasien Diabetes Melitus Tipe 2 masih belum berjalan maksimal karena dukungan dari lingkungan sosial, baik keluarga, sahabat, maupun pihak yang dianggap penting, belum sepenuhnya memadai. Penelitian ini bertujuan untuk menganalisis hubungan antara dukungan sosial dan kemampuan perawatan mandiri pada penderita Diabetes Melitus Tipe 2 di wilayah layanan Puskesmas Arjasa Kabupaten Situbondo. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross sectional*. Sampel terdiri atas 100 pasien Diabetes Melitus Tipe 2 yang berada di wilayah kerja Puskesmas Arjasa Kabupaten Situbondo dan dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan instrumen MSPSS dan SDSCA, kemudian diolah dengan uji Spearman Rank. **Hasil:** Temuan penelitian menunjukkan bahwa tingkat dukungan sosial responden sebagian besar berada pada klasifikasi sedang, yaitu 60 orang atau 60,0%. Sementara itu, kemampuan perawatan mandiri pasien mayoritas berada pada tingkat cukup, yaitu 56 orang atau 56,0%. Analisis statistik memperlihatkan adanya keterkaitan signifikan antara dukungan sosial dan kemampuan perawatan mandiri pada pasien Diabetes Melitus Tipe 2 di Puskesmas Arjasa Kabupaten Situbondo, dengan nilai p sebesar 0,000 dan koefisien korelasi 0,770. Nilai tersebut menggambarkan hubungan yang kuat dan bergerak ke arah positif. **Kesimpulan:** Perawat dan pihak Puskesmas perlu memperkuat program edukasi berbasis keluarga dengan melibatkan keluarga, teman sebaya, dan tenaga kesehatan sebagai sumber dukungan sosial untuk meningkatkan kemampuan perawatan mandiri pasien Diabetes Melitus Tipe 2 sehingga dapat membantu mencegah komplikasi dan meningkatkan kualitas hidup pasien.

Kata kunci: Diabetes Mellitus Tipe 2, Dukungan Sosial, *Self-Care Management*

Abstract

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The Relationship Between Social Support and Self-Care Management in Type 2 Diabetes Mellitus Patients at Arjasa Primary Health Center Situbondo Regency

xix + 90 pages + 3 diagrams + 21 tables + 16 appendices

Abstract

Background: *The management of self-care in patients with Type 2 Diabetes Mellitus is still not running optimally because the support from the social environment, both family, friends, and those considered important, is not fully adequate. This study aimed to analyze the relationship between social support and self-care ability among patients with Type 2 Diabetes Mellitus in the working area of the Arjasa Health Center, Situbondo Regency. **Methods:** This study applied a correlational approach with a cross-sectional design. The sample consisted of 100 patients with Type 2 Diabetes Mellitus who were in the working area of the Arjasa Health Center, Situbondo Regency and were selected using a purposive sampling technique. Data were collected using the MSPSS and SDSCA instruments, then analyzed using the Spearman Rank test. **Results:** The findings of the study showed that the level of social support of respondents was mostly in the moderate classification, which is 60 people or 60.0%. Meanwhile, the majority of patients' self-care ability is at an adequate level, namely 56 people or 56.0%. Statistical analysis showed a significant association between social support and the ability to self-care in patients with Type 2 Diabetes Mellitus at the Arjasa Health Center, Situbondo Regency, with a p value of 0.000 and a correlation coefficient of 0.770. These values describe a strong relationship and move in a positive direction. **Conclusion:** Nurses and the Arjasa Health Center need to strengthen family-based health education programs by involving family members, peers, and healthcare professionals as sources of social support to improve the self-care ability of patients with Type 2 Diabetes Mellitus, thereby helping to prevent complications and improve patients' quality of life.*

Keywords: *Diabetes Mellitus Type 2, Social Support, Self-Care Management*