

ABSTRAK

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UNIVERSITAS MUHAMMADIYAH JEMBER
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Implementasi Self Care Model Dalam Upaya Meningkatkan Kualitas Hidup Penderita Diabetes Melitus Di Silo 02

2 Abstrak+ 67 halaman + 4 tabel + 9 lampiran

Abstrak

Latar Belakang: Latar Belakang: Diabetes Melitus merupakan penyakit kronis tidak menular dengan jumlah penderita yang terus meningkat dan membutuhkan perawatan mandiri secara teratur untuk mencegah komplikasi kronis. Salah satu pendekatan keperawatan yang efektif untuk merangsang kemandirian pasien di layanan kesehatan primer adalah penerapan Self Care Model dari Dorothea Orem. **Tujuan:** Mengetahui gambaran implementasi self care model dalam meningkatkan kualitas hidup penderita Diabetes Melitus di Puskesmas Silo 02. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif mendalam dengan pendekatan observasi langsung dan wawancara terstruktur pada subjek Ny. N (39 tahun). Pengukuran tingkat kemandirian dilakukan menggunakan kuesioner perilaku self-care, penilaian kualitas hidup, serta pemantauan dinis kadar Gula Darah Acak (GDA). Intervensi dilaksanakan selama 3 hari melalui perawatan diri. **Hasil:** Sebelum intervensi, pasien berada pada kategori Kurang Patuh dengan kadar GDA mencapai 251 mg/dl dan kualitas hidup Kurang Baik akibat kecemasan serta gangguan pola tidur. Setelah diberikan intervensi self care model, terjadi peningkatan kepatuhan menjadi kategori Patuh. Kadar GDA pasien berhasil turun bertahap menjadi 160 mg/dl yang diikuti dengan peningkatan kualitas hidup menjadi kategori Baik, ditandai dengan perbaikan kenyamanan fisik, emosional yang lebih ikhlas, serta dukungan keluarga yang optimal. **Diskusi:** Implementasi self care model terbukti memberikan dampak signifikan dalam meningkatkan kemandirian perilaku, menstabilkan metabolisme glukosa, dan mengoptimalkan kualitas hidup penderita Diabetes Melitus.

Kata kunci: *Diabetes Melitus, Kualitas Hidup, Self Care.*

ABSTRACT

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Implementation of Fine motor Skills in Nursing Problems of Risk for Developmental Disorders in Stunted Children in Ny. L's Family at Sukorambi Village, Jember.

2 Abstract + 67 Page + 4 tables + 9 appendices

Abstract

Background: Diabetes Mellitus is a chronic non-communicable disease with a continuously increasing number of sufferers that requires regular self-care to prevent chronic complications.. One effective nursing approach to stimulate patient independence in primary healthcare services is the application of Dorothea Orem's Self-Care Model. **Objective:** To determine the implementation profile of the self-care model in improving the quality of life of Diabetes Mellitus patients at the Silo 02 Public Health Center. **Method:** This study used an in-depth descriptive case study design with a direct observation approach and structured interviews. The measurement of independence level was conducted using a self-care behavior questionnaire, quality of life assessment, and monitoring of Random Blood Glucose (RBG) levels. The intervention was carried out over 3 days through education on diet, physical activity, medication adherence, and foot care. **Result:** Before the intervention, the patient was in the "Less Adherent" category with an RBG level reaching 251 mg/dL and a "Poor" quality of life due to anxiety and sleep pattern disturbances. After being given the self-care model intervention, there was an increase in compliance to the "Adherent" category. The patient's RBG level was successfully reduced gradually to 160 mg/dL, which was followed by an improvement in the quality of life to the " Good" category, characterized by improvements in physical comfort, a more accepting emotional state, and optimal family support. **Discussion:** The implementation of the self-care model is proven to have a significant impact on increasing behavioral independence, stabilizing glucose metabolism, and optimizing the quality of life of Diabetes Mellitus patients..

Keywords: Diabetes Mellitus, Quality of Life, Self-Care Model.