

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan *Self-Care Behavior* Berdasarkan ADCE7 dengan Kualitas Hidup
Pada Pasien Diabetes Melitus Tipe 2 Di Wilayah Sumberbaru kabupaten Jember

Abstrak

Pendahuluan: Diabetes melitus tipe 2 merupakan penyakit metabolik kronis yang memerlukan pengelolaan jangka panjang untuk mencegah komplikasi dan mempertahankan kualitas hidup pasien. *Self-care behavior* berdasarkan *Association of Diabetes Care and Education Specialists* (ADCE7) berperan penting dalam pengelolaan diabetes, namun penerapannya masih bervariasi sehingga dapat memengaruhi kualitas hidup. Penelitian ini bertujuan mengetahui hubungan *self-care behavior* berdasarkan ADCE7 dengan kualitas hidup pada pasien diabetes melitus tipe 2 di wilayah Puskesmas Sumberbaru Kabupaten Jember. **Metode:** Penelitian kuantitatif dengan pendekatan *cross-sectional* ini melibatkan 63 responden yang dipilih menggunakan *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Summary of Diabetes Self-Care Activities* (SDSCA) berdasarkan ADCE7 dan WHOQOL-BREF, kemudian dianalisis menggunakan uji Spearman Rank ($\alpha = 0,05$). **Hasil dan Analisis:** Sebagian besar responden memiliki *self-care behavior* kategori baik (84,1%) dan kualitas hidup kategori sangat baik (76,2%). Hasil uji Spearman Rank menunjukkan terdapat hubungan signifikan antara *self-care behavior* dengan kualitas hidup ($p = 0,000$; $r = 0,481$). Hubungan tersebut bersifat positif dengan kekuatan sedang, yang menunjukkan bahwa semakin baik *self-care behavior*, maka kualitas hidup cenderung semakin baik, meskipun kualitas hidup juga dipengaruhi oleh faktor lain. **Kesimpulan:** Peningkatan *self-care behavior* melalui edukasi dan pendampingan berkelanjutan diperlukan untuk mendukung kualitas hidup pasien diabetes melitus tipe 2.

Kata Kunci : ADCE7, diabetes melitus tipe 2, kualitas hidup, *self-care behavior*.
Komplikasi

ABSTRAK

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Relationship Between ADCES7-Based Self-Care Behavior and Quality of Life Among Patients with Type 2 Diabetes Mellitus in the Sumberbaru Public Health Center Area, Jember Regency

Abstrak

Introduction: Type 2 diabetes mellitus is a chronic metabolic disease requiring long-term management to prevent complications and maintain patients' quality of life. Self-care behaviors based on the Association of Diabetes Care and Education Specialists (ADCES7) framework play a crucial role in diabetes management; however, their implementation varies, which can impact quality of life. This study aimed to determine the relationship between ADCES7-based self-care behaviors and quality of life among patients with type 2 diabetes mellitus in the working area of the Sumberbaru Community Health Center, Jember Regency. **Methods:** This quantitative study employed a cross-sectional design involving 63 respondents selected via purposive sampling. Data were collected using the Summary of Diabetes Self-Care Activities (SDSCA) questionnaire (based on ADCES7) and the WHOQOL-BREF, then analyzed using the Spearman Rank test ($\alpha = 0.05$). **Results and Analysis:** The majority of respondents demonstrated good self-care behaviors (84.1%) and excellent quality of life (76.2%). The Spearman Rank test results indicated a significant relationship between self-care behaviors and quality of life ($p = 0.000$; $r = 0.481$). This relationship was positive and of moderate strength, indicating that better self-care behaviors tend to be associated with better quality of life, although quality of life is also influenced by other factors. **Conclusion:** Improving self-care behaviors through education and continuous support is essential for enhancing the quality of life of patients with type 2 diabetes mellitus.

Keywords: ADCES7, quality of life, self-care behavior, type 2 diabetes mellitus.