

Determinants of Diabetes Self Care in Patients With Type 2 Diabetes Mellitus in Banyumas Regency

Title	Determinants of Diabetes Self Care in Patients With Type 2 Diabetes Mellitus in Banyumas Regency
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Abstract	<p>DETERMINANTS OF DIABETES SELF-CARE ON PATIENTS WITH TYPE 2 DIABETES MELLITUS IN BANYUMAS REGENCYEva Rahayu, Ridlwan Kamaluddin, Eti Dwi HapsariLecturer of Nursing Department, Jenderal Soedirman University</p> <p>ABSTRAK Penderita diabetes tipe 2 perlu menerapkan perawatan mandiri diabetes dalam rangka meminimalisir berbagai komplikasi dan penurunan kualitas hidup. Beberapa faktor diduga memiliki pengaruh terhadap penerapan perawatan mandiri diabetes oleh penderita diabetes tipe 2 di Kabupaten Banyumas. Tujuan penelitian ini adalah untuk mengetahui faktor determinan yang berhubungan dengan penerapan perawatan mandiri diabetes tipe 2 di Wilayah Kabupaten Banyumas. Penelitian ini menggunakan desain cross sectional. Populasi adalah seluruh penderita diabetes melitus tipe 2 se-Kabupaten Banyumas. Metode penarikan sample dengan teknik cluster sampling dengan besar sampel 532 orang yang tersebar di 22 puskesmas se-Kabupaten Banyumas. Analisis data menggunakan uji korelasi Spearman dan Regresi Linier Ganda. Hasil penelitian menunjukkan nilai p pada masing-masing variabel yang dihubungkan dengan perawatan mandiri diabetes antara lain adalah jenis kelamin ($p=0,043$), usia ($p=0,18$), lama menderita diabetes ($p=0,11$), pengetahuan ($p=0,000$), motivasi ($=0,01$), serta dukungan keluarga ($p=0,000$). Sebesar 10,4 % variasi perawatan mandiri diabetes dapat dijelaskan oleh variabel pengetahuan dengan koefisien $r^2 = 0,32$. Kesimpulan penelitian adalah ada hubungan antara jenis kelamin, pengetahuan, motivasi dan dukungan keluarga dengan perawatan mandiri diabetes. Variabel pengetahuan menjadi faktor yang paling dominan berhubungan dengan perawatan mandiri diabetes. Kata kunci : determinan, diabetes melitus, perawatan mandiri diabetes</p> <p>ABSTRACT Patients with type 2 diabetes need to apply self-care in order to minimize various complications and decreasing quality of life. Several factors are assumed to have an effect on the application of diabetes self-care by patients with type 2 diabetes in Banyumas Regency. The purpose of this research was to determine the determinants related to the application of diabetes self care by patients with type 2 diabetes in Banyumas Regency. This research used cross sectional design. Population was all patients with type 2 diabetes mellitus in Banyumas Regency. Sampling method was performed by cluster sampling technique with sample size of 532 patients spreading in 22 community health centers (Puskesmas) in Banyumas Regency. Data analysis used Spearman correlation test and Multiple Linear Regression. The result indicated that p value in each variable affecting diabetes self-care was gender ($p=0,043$), age ($p=0,18$), duration of diabetes ($p=0,11$), knowledge ($p=0,000$), motivation ($=0,01$), and family support ($p=0,000$). 10.4 % variation in diabetes self-care can be explained by knowledge variable with the coefficient $r^2 = 0,32$. It can be concluded that there was a relationship among gender, knowledge, motivation and family support on diabetes self-care. Knowledge variable was the most dominant factor related to diabetes self-care. Keywords : determinants, diabetes mellitus, diabetes self-care</p>
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