

Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA PADANG
Skripsi, Agustus 2023

AHMAD RESKI
191211515

**Hubungan Kepatuhan *Self Care* Dengan Kualitas Hidup Penderita Diabetes
Melitus Tipe 2 Di Puskesmas Andalas Kota Padang Tahun 2022/2023**

X + 89 Halaman + 5 Tabel + 3 Skema + 13 Lampiran

ABSTRAK

Diabetes Melitus adalah gangguan kesehatan yang disebabkan oleh peningkatan kadar gula darah akibat kekurangan atau resistensi insulin. Penyakit ini dikenal terutama dikalangan keluarga yang berbadan besar atau kegemukan bersama dengan gaya hidupnya yang tinggi. Penelitian ini bertujuan untuk mengetahui adanya hubungan *self care* dengan kualitas hidup pasien diabetes melitus tipe 2 di Puskesmas Andalas Kota Padang tahun 2023. Sampel dalam penelitian ini sebanyak 81 orang responden. Jenis penelitian *deskriptif analitik* dengan pendekatan *cross sectional*. Pengumpulan data pada tanggal 30 Desember 2022 sampai Agustus 2023. Populasi seluruh pasien diabetes melitus tipe 2 di Puskesmas Andalas Kota Padang dengan jumlah sampel 81 responden. Teknik *accidental sampling*, Data di analisa menggunakan uji *Chi-square*. Berdasarkan hasil penelitian didapatkan bahwa 44 responden (54,2%) memiliki kualitas hidup yang baik, dan 35 responden (43,2%) memiliki *self-care* yang baik. Hasil uji statistik didapatkan p value 0,000 ($p \leq 0,05$), dapat disimpulkan terdapat hubungan *self-care* dengan kualitas hidup pada penderita Diabetes Melitus Tipe 2 di Puskesmas Andalas Kota Padang. Diharapkan bagi pelayanan keperawatan agar mengembangkan program kesehatan yang berkaitan dengan *self-care* untuk meningkatkan kualitas hidup pada pasien DM tipe 2.

Kata Kunci: Diabetes, *Self Care*, Kualitas Hidup

Bachelor of Nursing Study Program

MERCUBAKTIJAYA STIKES PADANG

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AHMAD RESKI

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The Relationship between Self Care Compliance and Quality of Life for Type 2 Diabetes Mellitus Patients at the Andalas Health Center in Padang City in 2022/2023

X + 89 Pages + 5 Tables + 3 Schematics + 13 Appendices

ABSTRACT

Diabetes Mellitus is a health disorder caused by an increase in blood sugar levels due to insulin deficiency or resistance. This disease is known especially among families who are large or overweight with a high lifestyle. This study aims to determine the relationship between self care and the quality of life of type 2 diabetes mellitus patients at the Andalas Health Center in Padang City in 2023. The sample in this study was 81 respondents. This type of analytic descriptive research with a cross sectional approach. Data collection was from December 30 2022 to August 2023. The population was all type 2 diabetes mellitus patients at the Andalas Health Center in Padang City with a total sample of 81 respondents. Accidental sampling technique, data were analyzed using the Chi-square test. Based on the research results, it was found that 44 respondents (54.2%) had a good quality of life, and 35 respondents (43.2%) had good self-care. The statistical test results obtained a p value of 0.000 ($p \leq 0.05$), it can be concluded that there is a relationship between self-care and quality of life in people with Type 2 Diabetes Mellitus at the Andalas Health Center, Padang City. It is expected that nursing services will develop health programs related to self-care to improve the quality of life in type 2 DM patients.

Keywords: Diabetes, Self Care, Quality of Life