

*Undergraduate Program of Nursing*

**STIKes MERCUBAKTIJAYA PADANG**

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**Marifa Febriana**

***The Relation of Self Care and Self Efficacy to Quality of Life in Elderly People with Type II Diabetes Mellitus at Andalas Health Center***

*xi + 97 pages + 6 tables + 12 attachments*

**ABSTRACT**

*DM type II is caused by progressive insulin damage due to insulin resistance. DM type II requires handling in managing the disease with self care and self efficacy, if blood sugar levels are not controlled it will increase the risk of complications and can affect the quality of life in DM type II elderly. This study aims to determine the relationship between self care and self efficacy with quality of life in elderly people with type II diabetes mellitus at Andalas Health Center. Type of analytic survey research with cross sectional study design. The sample amounted to 53 respondents, the sampling technique was accidental sampling. Data were analyzed using the chi-square test. The results showed that 31 people (58.5%) had poor self care, 29 people (54.7%) had poor self efficacy, and 27 people (50.9%) had poor quality of life. The statistical test results obtained value ( $p=0.001$ ) there is a relationship between self care and quality of life in the elderly with DM type II in Andalas Health Center and obtained value ( $p=0.009$ ) there is a relationship between self efficacy and quality of life in the elderly with DM type II in Andalas Health Center. Was hoped that nursing services will develop health programs related to self care and self efficacy to improve the quality of life in the elderly with DM type II.*

***Keywords: DM Type II, Quality of Life, Self Care, Self Efficacy***

***Literature: 56 (2014-2023)***