

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
FAKULTAS KESEHATAN
PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN PERILAKU PERAWATAN KAKI DENGAN RISIKO ULKUS
DIABETIK PADA PASIEN DIABETES MELITUS DI RS MITRA
PLUMBON CIREBON**

xi + 116 halaman + 14 tabel + 2 bagan + 10 lampiran

ABSTRAK

Prevalensi data dari *International Diabetes Federation* (IDF) tahun 2021 menunjukkan Indonesia menempati peringkat ke-5 dari 10 negara dengan jumlah penderita Diabetes tertinggi di dunia. Prevalensi penderita ulkus DM di Indonesia mencapai 15%, angka amputasi yaitu 30%, selain itu angka kematian 1 tahun pasca amputasi sebesar 14,8%. Pencegahan terjadinya ulkus diabetik sangat diperlukan untuk mengurangi kecacatan yang mungkin timbul pada pasien. Perawatan kaki yang baik mampu memutus risiko ulkus menjadi amputasi. Perilaku ini bisa mencegah dan mengurangi 50% dari komplikasi kaki. Tujuan penelitian ini untuk mengetahui hubungan perilaku perawatan kaki dengan risiko ulkus diabetik pada pasien Diabetes Melitus di RS Mitra Plumbon Cirebon. Jenis penelitian adalah penelitian kuantitatif dengan desain penelitian dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh pasien Diabetes Melitus di Rawat Inap RS Mitra Plumbon Cirebon dan teknik pengambilan sampel menggunakan metode *purposive sampling* sebanyak 30 orang. Pengambilan data menggunakan kuesioner dan lembar observasi. Analisa data dilakukan dengan menggunakan analisa univariat dengan persentase dan analisa bivariat dengan uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa 17 responden (56.7%) memiliki perilaku perawatan kaki yang buruk dan 19 responden (63.3%) memiliki risiko tinggi ulkus diabetik. Hasil penelitian uji *Spearman Rank* menunjukkan diperoleh angka koefisien korelasi sebesar -0,870, dimana *p value* < 0,05 artinya terdapat hubungan yang sangat kuat antara perilaku perawatan kaki dengan risiko ulkus kaki diabetik. Diharapkan perawat agar lebih aktif dalam memberikan edukasi atau penyuluhan terkait perawatan kaki bagi pasien Diabeets Melitus agar dapat mencegah terjadinya risiko ulkus.

Kata Kunci : Perilaku Perawatan Kaki, Risiko Ulkus Diabetik, Diabetes Melitus

Daftar Pustaka : 42 (2015—2024)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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***THE RELATIONSHIP OF FOOT CARE BEHAVIORS WITH THE RISK OF
DIABETIC ULCERS IN DIABETES MELLITUS PATIENTS AT MITRA
PLUMBON HOSPITAL CIREBON***

xi + 116 pages + 14 tables + 2 scheme + 10 enclosure

ABSTRACT

Prevalence data from the International Diabetes Federation (IDF) in 2021 shows that Indonesia is ranked 5th out of 10 countries with the highest number of diabetes sufferers in the world. The prevalence of DM ulcer sufferers in Indonesia reaches 15%, the amputation rate is 30%, and the mortality rate 1 year after amputation is 14.8%. Prevention of diabetic ulcers is very necessary to reduce the disability that may arise in patients. Good foot care can reduce the risk of ulcers leading to amputation. This behavior can prevent and reduce 50% of foot complications. The aim of this study was to determine the relationship between foot care behavior and the risk of diabetic ulcers in Diabetes Mellitus patients at Mitra Plumbon Hospital, Cirebon. The type of research is quantitative research with a research design with a cross sectional approach. The population in this study were all Diabetes Mellitus patients in the Mitra Plumbon Hospital in Cirebon and the sampling technique used a purposive sampling method of 30 people. Data collection uses questionnaires and observation sheets. Data analysis was carried out using univariate analysis with percentages and bivariate analysis with the Spearman Rank test. The results showed that 17 respondents (56.7%) had poor foot care behavior and 19 respondents (63.3%) had a high risk of diabetic ulcers. The results of the Spearman Rank test research showed that a correlation coefficient of -0.870 was obtained, where the p value <0.05 means that there is a very strong relationship between foot care behavior and the risk of diabetic foot ulcers. It is hoped that nurses will be more active in providing education or counseling regarding foot care for Diabetes Mellitus patients in order to prevent the risk of ulcers.

Keywords : *Foot Care Behavior, Risk of Diabetic Ulcers, Diabetes Mellitus*
Referencies : *42 (2015—2024)*