

**INSTITUI TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**Hubungan Manajemen Diri Dengan Kadar Gula Darah Pasien
Diabetes Melitus Tipe 2 Di RS Mitra Plumbon Cirebon**

xvii + 43 halaman + 4 tabel + 2 bagan + 12 lampiran

ABSTRAK

Latar belakang: Diabetes melitus tipe 2 merupakan penyakit kronis yang membutuhkan pengelolaan jangka panjang, salah satunya melalui manajemen diri yang baik. Ketidakteraturan dalam praktik manajemen diri dapat menyebabkan peningkatan kadar glukosa darah dan risiko komplikasi.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara manajemen diri dengan kadar glukosa darah pada pasien diabetes melitus tipe 2 di RS Mitra Plumbon Cirebon.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain metode korelasi cross sectional. Populasi sebanyak 78 responden. Sampel sebanyak 42 responden. Teknik pengambilan sampel menggunakan purposive sampling. Data dikumpulkan melalui kuesioner *Diabetes Self Management Questionnaire* (DSMQ) dan hasil pemeriksaan kadar gula darah. Data dianalisis dengan menggunakan Uji *Spearman Rank*.

Hasil: Hasil penelitian menunjukkan 54,8% responden memiliki manajemen diri yang baik dan 66,7 % responden yang memiliki kadar gula darah pada kategori normal. Hasil uji statistik *Spearman Rank Rank* menunjukkan ada hubungan yang bermakna antara manajemen diri dengan kadar gula darah pasien Diabetes Melitus Tipe 2 Di RS Mitra Plumbon Cirebon dengan *p-value* 0,000 ($< 0,005$) dengan besar hubungan $r = 0,598$ yang termasuk dalam kategori sedang dengan arah korelasi positif atau searah yang signifikan, di mana semakin baik manajemen diri pasien, maka kadar gula darah cenderung lebih terkontrol.

Rekomendasi: Penelitian ini merekomendasikan peningkatan strategi edukasi berkelanjutan yang terstruktur untuk pasien diabetes melitus tipe 2, termasuk penggunaan media digital dan melibatkan keluarga dalam intervensi manajemen diri.

Kata Kunci : Manajemen Diri, Kadar Gula Darah, Diabetes Melitus Tipe 2

Daftar Pustaka: 32 (2014-2022)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
FACULTY OF HEALTH
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Mini Thesis, August 2024

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***The Relationship Between Self-Management And Blood Sugar Levels Of
Patients With Type 2 Diabetes Mellitus In Mitra Plumbon Cirebon Hospital***

xvii + 43 + 4 tables + 12 enclosure

ABSTRAK

Background: Type 2 diabetes mellitus is a chronic disease that requires long-term management, one of which is through good self-management. Irregularity in self-management practices can lead to increased blood glucose levels and the risk of complications.

Objective: This study aims to determine the relationship between self-management and blood glucose levels in patients with type 2 diabetes mellitus at Mitra Plumbon Hospital, Cirebon.

Methods: This study is a quantitative study using a cross sectional correlation method design. The population was 78 respondents. The sample was 42 respondents. The sampling technique used purposive sampling. Data were collected through the Diabetes Self Management Questionnaire (DSMQ) and the results of blood sugar level checks. Data were analyzed using the Spearman Rank Test.

Results: The results showed 54.8% of respondents had good self-management and 66.7% of respondents who had blood sugar levels in the normal category.

The results of the Spearman Rank Rank statistical test show that there is a significant relationship between self-management and blood sugar levels of Type 2 Diabetes Mellitus patients at Mitra Plumbon Cirebon Hospital with a p-value of 0.000 (<0.005) with a large relationship $r = 0.598$ which is included in the moderate category with a significant positive or unidirectional correlation direction, where the better the patient's self-management, the blood sugar levels tend to be more under control.

Recommendation: This study recommends improving structured continuing education strategies for patients with type 2 diabetes mellitus, including the use of digital media and family involvement in self-management interventions.

Keywords: Self-Management, Blood Sugar Levels, Type 2 Diabetes Mellitus

Bibliography: 32 (2014-2022)