

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**

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**HUBUNGAN KECERDASAN SPIRITUAL DENGAN SELF  
MANAGEMENT PADA DIABETES MELITUS TIPE 2 DI RUMAH SAKIT  
CIREMAI KOTA CIREBON**

xiv + 104 Halaman + 9 Tabel + 14 Lampiran

**ABSTRAK**

Diabetes melitus tipe 2 merupakan penyakit kronis yang membutuhkan manajemen diri (*self-management*) yang baik untuk mencegah komplikasi. Kecerdasan spiritual diperkirakan berperan dalam meningkatkan kemampuan pasien dalam menjalani perawatan mandiri, melalui sikap sabar, ikhtiar, dan tawakkal.

Penelitian menggunakan jenis penelitian kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah responden sebanyak 83 pasien. Instrumen yang digunakan adalah kuesioner kecerdasan spiritual (9 item) dan *Summary of Diabetes Self-Care Activities* (SDSCA) untuk mengukur *self-management*.

Hasil penelitian menunjukkan mayoritas responden memiliki kecerdasan spiritual tinggi (71,1%) dan kemampuan *self-management* baik (53,0%). Uji statistik *Spearman's rho* menunjukkan adanya hubungan yang positif dan signifikan antara kecerdasan spiritual dengan *self-management* ( $p < 0,001$ ;  $\alpha = 0,05$ ).

Saran dari penelitian ini adalah agar rumah sakit dan tenaga kesehatan mempertimbangkan pendekatan spiritual sebagai bagian dari intervensi edukatif dan psikososial dalam meningkatkan manajemen diri pasien diabetes melitus tipe 2.

**Kata kunci: Diabetes Melitus Tipe 2, Kecerdasan Spiritual, *Self-Management***

**Daftar pustaka : 50 (2007-2025)**

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**THE RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND SELF  
MANAGEMENT IN TYPE 2 DIABETES MELLITUS PATIENTS AT CIREMAI  
HOSPITAL CIREBON CITY**

*xiv + 104 Page + 9 Table + 14 Appendices*

**ABSTRACT**

*Type 2 Diabetes Mellitus is a chronic disease that requires effective self-management to prevent complications. Spiritual intelligence is believed to play a role in enhancing patients' ability to manage their illness through attitudes such as patience, effort (ikhtiar), and trust in God (tawakkal).*

*This research employed a quantitative approach with a descriptive correlational design and a cross-sectional method. The sampling technique used was purposive sampling, involving 83 respondents. The instruments used were a spiritual intelligence questionnaire (9 items) and the Summary of Diabetes Self-Care Activities (SDSCA) to assess self-management.*

*The results showed that most respondents had a high level of spiritual intelligence (71.1%) and good self-management abilities (53.0%). The Spearman's rho test indicated a positive and significant relationship between spiritual intelligence and self-management ( $p < 0.001$ ;  $\alpha = 0.05$ ).*

*It is recommended that hospitals and healthcare professionals consider integrating spiritual aspects into educational and psychosocial interventions to improve self-management in patients with type 2 diabetes mellitus.*

**Keywords : Type 2 Diabetes Mellitus, Spiritual Intelligence, Self Management**

**Reference : 50 (2007-2025)**