

## INTISARI

**Latar belakang:** Diabetes mellitus (DM) merupakan penyakit yang membutuhkan perawatan jangka panjang. Pengelolaan yang tidak adekuat dapat menyebabkan penderita DM mengalami komplikasi yang dapat memengaruhi kualitas hidup. Komplikasi tersebut dapat diminimalkan melalui manajemen perawatan diri (*self care management*). *Health literacy* merupakan modal awal untuk bisa melakukan *self care management* secara optimal. *Health literacy* dan *self care management* merupakan konstruksi penting dalam perawatan diabetes mellitus, mendukung peningkatan kualitas hidup, dan mengurangi komplikasi.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan *health literacy* dan *self care management* dengan kualitas hidup pasien penderita diabetes mellitus tipe 2 di Puskesmas Talise.

**Metode:** Penelitian ini merupakan penelitian analitik korelasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel yang digunakan *purposive sampling* sebanyak 175 responden. Instrumen penelitian menggunakan kuesioner *Diabetic Health Literacy Scale*, *Summary of Diabetes Self-Care Activity*, dan *Diabetic Quality of Life-Brief Clinical Inventory*. Analisis data pada penelitian ini menggunakan uji regresi linier.

**Hasil:** Hasil penelitian menunjukkan tingkat *health literacy* mayoritas responden (74,3%) berada pada kategori baik. Tingkat *self care management* mayoritas responden (62,3%) berada pada kategori baik. Tingkat kualitas hidup mayoritas responden (69,1%) berada pada kategori baik. Dari hasil uji regresi linier menunjukkan terdapat hubungan antara *health literacy* dan *self care management* dengan nilai signifikansi masing-masing 0,006 dan 0,001. Faktor paling dominan memengaruhi kualitas hidup adalah *self care management* dengan nilai koefisien regresi sebesar 0,334. *Health literacy* dan *self care management* memberikan sumbangan pengaruh sebesar 40,8% terhadap kualitas hidup.

**Kesimpulan:** Ada hubungan antara *health literacy* dan *self care management* dengan kualitas hidup pasien penderita diabetes mellitus tipe 2 di Puskesmas Talise. Namun, faktor yang paling dominan memengaruhi kualitas hidup adalah *self care management*. Diharapkan perawat dapat memberikan pendidikan kesehatan lebih lanjut kepada pasien DM tipe 2 terkait *health literacy* dan *self-care management*, karena terbukti dengan *health literacy* dan *self-care management* yang tinggi maka akan semakin tinggi pula kualitas hidup pasien DM tipe 2.

**Kata Kunci:** Diabetes Mellitus tipe 2, *health literacy*, *self care management*, kualitas hidup

## ABSTRACT

**Background:** Diabetes mellitus is a disease that requires a long-term care. Inadequate management can cause the patients to experience complications that can affect their quality of life. These complications can be minimized through self-care management. Health literacy is the initial asset to be able to optimally perform self-care management. Health literacy and self-care management are critical components in the treatment of type 2 diabetes mellitus because they have important role in improving quality of life and minimizing complications.

**Objective:** The objective of this study is to determine how health literacy and self-care management have a relationship with the quality of life among patients with type 2 diabetes mellitus at Public Health Care (*Puskesmas*) Talise.

**Methods:** This was a correlational analytic study with a cross-sectional approach. The sampling technique used was a purposive sampling of 175 respondents. The instruments used in this study were the questionnaire of Diabetic Health Literacy Scale, Summary of Diabetes Self-Care Activity, and Diabetic Quality of Life-Brief Clinical Inventory. Data analysis in this study used the linear regression.

**Results:** The results of this study showed that the health literacy level of the majority of respondents (74.3%) was in the good category. The of self-care management level of the majority of respondents (62.3%) was in a good category. The of quality of life level of the majority of respondents (69.1%) was in a good category. From the results of the linear regression test, it shows that there is a relationship between health literacy and self-care management with a significance value of 0.006 and 0.001 respectively. The most dominant factor affecting quality of life is self care management with a regression coefficient of 0.334. Health literacy and self care management contribute 40.8% to quality of life.

**Conclusion:** There was a relationship between health literacy and self care management with the quality of life of patients with type 2 diabetes mellitus at the *Puskesmas* Talise. However, the most dominant factor influencing the quality of life is self-care management. It is hoped that nurses can provide further health education to patients with type 2 DM related to health literacy and self-care management, because it is proven by high health literacy and self-care management, the quality of life of type 2 DM patients will also be higher.

**Keywords:** Diabetes Mellitus; health literacy; self-care management; quality of life.