

PENGARUH PENDIDIKAN KESEHATAN DENGAN *BOOKLET* UNTUK MENINGKATKAN *HEALTH LITERACY* DAN *SELF CARE MANAGEMENT* PADA PASIEN DIABETES MELITUS TIPE 2

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INTISARI

Latar Belakang : Pemahaman pasien yang kurang memadai disebabkan oleh *health literacy*. Hal ini menyebabkan *self care management* pada pasien diabetes melitus tipe 2 memburuk. Hal yang dapat dilakukan untuk meningkatkan *health literacy* dan *self care management* adalah pendidikan kesehatan. Media *booklet* merupakan media efektif yang digunakan dalam pendidikan kesehatan untuk meningkatkan *health literacy* dan *self care management*.

Tujuan : Mengetahui pengaruh pendidikan kesehatan dengan *booklet* untuk meningkatkan *health literacy* dan *self care management* pada pasien diabetes melitus tipe 2.

Metode : Penelitian kuantitatif *quasi experimental* dengan rancangan *non equivalent (pre test – post test) control grup design* yang dilakukan pada 40 responden dalam kelompok intervensi dan 40 responden dalam kelompok kontrol. Penelitian dilakukan pada April – Mei 2025. Alat ukur yang digunakan adalah Kuesioner *Summary of Diabetes Self-Care Activities (SDSCA)* dan *Diabetic Health literacy Scale (DHLS)*. Intervensi pendidikan kesehatan dengan *booklet* diberikan selama 4 minggu. Analisis yang digunakan *paired wilcoxon, paired t -test* dan *mann withney*.

Hasil : Berdasarkan skor selisih didapatkan nilai median (min-max) *health literacy* pada kelompok intervensi sebesar 3,00 (-12,00 – 18,00) dan kelompok kontrol sebesar 0,01 (-13,00 – 15,00) nilai *p value* 0,001 yang berarti terdapat pengaruh signifikan pemberian pendidikan kesehatan dengan *booklet* terhadap peningkatan *health literacy* dengan *effect size* 0,41 yang menunjukkan kekuatan efek berada di katagori sedang. Sedangkan, pada *self care management* nilai median (min-max) kelompok intervensi sebesar 10,50 (1,00 – 26,00) dan kelompok kontrol sebesar -4,50 (-28,00 – 20,00) nilai *p value* 0,001 berarti terdapat pengaruh signifikan pemberian pendidikan kesehatan dengan *booklet* terhadap peningkatan *self care management*, dengan *effect size* 0,59 yang menunjukkan kekuatan efek berada di katagori kuat. Tidak terdapat pengaruh usia, jenis kelamin, pendidikan, lama menderita, sosial ekonomi dengan *health literacy* dan *self care management*.

Kesimpulan : Pendidikan kesehatan dengan *booklet* efektif meningkatkan *health literacy* dan *self care management* pasien diabetes melitus tipe 2.

Kata Kunci : *Booklet, health literacy, self care management, diabetes melitus*

THE EFFECT OF HEALTH EDUCATION USING A BOOKLET ON IMPROVING HEALTH LITERACY AND SELF-CARE MANAGEMENT IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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ABSTRACT

Background: Inadequate self-care management is attributable to a paucity of patient understanding, which engenders an inability to perform independently and consequently results in a deterioration in health. This is known as health literacy. The question of how to enhance health literacy and self-care management is an important one. One potential solution is health education. The utilisation of booklet media in health education has been demonstrated to be an efficacious method to enhance health literacy and self-care management.

Objective : This study aimed to assess the impact of utilising a health education booklet on the improvement of health literacy and self-care management in patients diagnosed with type 2 diabetes mellitus.

Method: A quasi-experimental quantitative research study a non-equivalent design (pre-test – post-test) control group design. It involved 40 respondents in the intervention group and 40 in the control group. The research was conducted in April and May of 2025. The measuring instruments employed in this study were the Summary of Diabetes Self-Care Activities (SDSCA) questionnaire and the Diabetic Health literacy Scale (DHLS). The health education intervention, which comprised a booklet, was administered over a period of four weeks. The analysis employed a paired Wilcoxon and Mann-Whitney test.

Results: Based on the difference scores, the median (min–max) health literacy in the intervention group was 3.00 (–12.00 to 18.00), whereas in the control group it was 0.01 (–13.00 to 15.00). The p-value of 0.001 indicates a statistically significant effect of health education using a booklet on the improvement of health literacy, with an effect size of 0.41, which is classified as a moderate effect. For self-care management, the median (min–max) in the intervention group was 10.50 (1.00 to 26.00), while in the control group it was –4.50 (–28.00 to 20.00). The p-value of 0.001 demonstrates a statistically significant effect of health education using a booklet on the enhancement of self-care management, with an effect size of 0.59, which is classified as a large effect. There was no significant association between age, gender, educational level, duration of illness, and socioeconomic status and health literacy and self-care management.

Conclusion: Health education with booklets is effective in improving health literacy and self-care management of patients with type 2 diabetes mellitus.

Keywords: booklet, health literacy, self-care management, and diabetes.