UNIVERSITAS
GADJAH MADA
**Pengaruh Edukasi Terstruktur Berbasis Booklet terhadap Kepatuhan, Kadar Glukosa Darah Sewaktu, dan
Kualitas Hidup pada Pasien Diabetes Melitus Tipe 2 di Puskesmas Kota Tasikmalaya**
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INTISARI

Edukasi yang diberikan di fasilitas kesehatan tingkat pertama umumnya masih bersifat konvensional, belum terstandarisasi, dan belum didukung mekanisme penguatan (*reinforcement*) yang berkelanjutan sehingga efektivitasnya dalam meningkatkan kepatuhan dan *outcome* klinis masih terbatas. Tujuan dari penelitian ini adalah menganalisis pengaruh model edukasi terstruktur berbasis *booklet* terhadap kepatuhan pengobatan, kadar glukosa darah sewaktu, dan kualitas hidup pasien diabetes melitus tipe 2 di Puskesmas Kota Tasikmalaya.

Penelitian ini menggunakan desain *quasi-experimental* dengan *pretest-posttest with control group design* yang melibatkan kelompok intervensi (n=36) dan kelompok kontrol (n=36). Edukasi terstruktur berbasis *booklet* juga melibatkan kader Kesehatan. *Outcome* penelitian meliputi kepatuhan pengobatan yang diukur menggunakan *Morisky Green Levine Scale* (MGLS)**,** kadar glukosa darah sewaktu dan kualitas hidup menggunakan *Diabetes Quality of Life–Brief Clinical Inventory* (DQoL-BCI)**.** Analisis data dilakukan berdasarkan perubahan (Δ/delta) antara *pretest* dan *posttest*. Analisis statistik meliputi uji *Wilcoxon***,** *Independent Sample t-test*/*Mann–Whitney*, serta *Analysis of Covariance* (ANCOVA) untuk mengendalikan variabel perancu, dengan tingkat kemaknaan $p<0,05$.

Model edukasi terstruktur berbasis *booklet* memberikan perubahan yang signifikan terhadap penurunan kadar glukosa darah sewaktu ($p=0,005$) dibandingkan kelompok kontrol dengan nilai selisih pada kelompok kontrol 9,61±121,69 dan -33,69±38,64. Tidak terdapat perubahan kepatuhan pengobatan ($p=0,500$) dengan nilai selisih pada kelompok kontrol -0,22±0,72 dan -0,94±0,89 pada kelompok intervensi. Tidak dapat perubahan kualitas hidup ($p=0,167$) antara kelompok intervensi dan kelompok kontrol, dengan nilai selisih -12,33±22,39 pada kelompok kontrol dan -33,69±38,64 pada kelompok intervensi. Berdasarkan analisis perubahan **(**Δ/delta**),** model edukasi terstruktur berbasis *booklet* efektif dalam memperbaiki glukosa darah sewaktu pada pasien diabetes melitus tipe 2. Model edukasi terstruktur berbasis *booklet* disertai pendampingan oleh kader kesehatan dapat mendukung pengelolaan diabetes melitus tipe 2 secara berkelanjutan.

Kata Kunci: Diabetes Melitus Tipe 2, Edukasi terstruktur, *Booklet*, Kepatuhan, Kualitas Hidup.

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ABSTRACT

Education provided in primary healthcare settings is generally still conventional, non-standardized, and lacks continuous reinforcement mechanisms, limiting its effectiveness in improving medication adherence and clinical outcomes. Therefore, this study aimed to analyze the effect of a Structured Booklet-Based Education Model on medication adherence, random blood glucose levels, and quality of life among patients with type 2 diabetes mellitus at Primary Healthcare Centers (Puskesmas) in Tasikmalaya City.

This study employed a quasi-experimental design with a pretest–posttest control group design, involving an intervention group (n = 36) and a control group (n = 36). The structured booklet-based education model also incorporated the involvement of community health workers (health cadres) to reinforce the educational intervention. The study outcomes included medication adherence, measured using the Morisky Green Levine Scale (MGLS), random blood glucose levels, and quality of life, assessed using the Diabetes Quality of Life–Brief Clinical Inventory (DQoL-BCI). Data were analyzed based on the change (Δ/delta) between pretest and posttest measurements. Statistical analyses included the Wilcoxon test, Independent Sample t-test/Mann–Whitney U test, and Analysis of Covariance (ANCOVA) to control for potential confounding variables, with a significance level of $p < 0.05$.

The Structured Booklet-Based Education Model produced a significantly greater reduction in random blood glucose levels compared with the control group ($p = 0.005$), with mean changes of 9.61 ± 121.69 mg/dL in the control group and −33.69 ± 38.64 mg/dL in the intervention group. However, no significant difference was observed in the change in medication adherence between the two groups ($p = 0.500$), with mean changes of −0.22 ± 0.72 in the control group and −0.94 ± 0.89 in the intervention group. Similarly, no significant difference was found in the change in quality of life ($p = 0.167$), with mean changes of −12.33 ± 22.39 in the control group and −33.69 ± 38.64 in the intervention group. Based on the change (Δ/delta) analysis, the Structured Booklet-Based Education Model was effective in improving random blood glucose levels among patients with type 2 diabetes mellitus. Furthermore, the integration of structured booklet-based education with reinforcement provided by community health workers has the potential to support sustainable diabetes management in primary healthcare settings.

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Keywords: Type 2 Diabetes Mellitus, Pharmacis-Led Education, Booklet, Medication Adherence, Quality Of Life