

Pengaruh *Online Peer Group* Berbasis *Smartphone* (OPS) terhadap Kepatuhan Manajemen Diri Pasien Diabetetes Melitus di Kota Yogyakarta

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Intisari

Latar Belakang: Diabetes melitus merupakan penyakit kronis yang memerlukan kepatuhan manajemen diri untuk mencapai kontrol glikemik dalam batas normal. Saat ini, akses internet merupakan peluang guna memberi akses informasi dan dukungan terkait kesehatan. Adapun intervensi *online* berbasis *peer* dapat menjadi inovasi bagi tenaga kesehatan memberikan layanan dengan target terfokus dan berkesinambungan.

Tujuan: Mengetahui pengaruh OPS terhadap kepatuhan manajemen diri pasien diabetes melitus

Metode: Desain studi menggunakan *quasi experiment pre post test with controll group* dengan teknik *purposive sampling*. Penelitian dilakukan di 4 fasilitas kesehatan primer yang memiliki insidensi penyakit diabetes melitus terbesar di Kota Yogyakarta pada Januari-Maret 2019 dengan total sampel 80 orang. Outcome kepatuhan dalam penelitian ini diukur menggunakan SDSCA kuesioner. Sementara, uji hipotesis dianalisis menggunakan *general linier model-repeated measure*.

Hasil: Secara statistik OPS memberi pengaruh terhadap kepatuhan manajemen diri pasien diabetes melitus dengan besar efek 6%. Perbedaan skor SDSCA kelompok kontrol dan intervensi bermakna signifikan dengan nilai p 0,040 ($p < 0,05$). Peningkatan total skor kelompok intervensi sebelum perlakuan meningkat 0,082 sementara kelompok kontrol 0,37.

Kesimpulan: Intervensi OPS berpengaruh terhadap kepatuhan manajemen diri pasien diabetes diukur dari total skor SDSCA. Layanan ini *feasible* dan cukup potensial diaplikasikan pada seting pelayanan primer dalam upaya meningkatkan kepatuhan manajemen diri pasien diabetes melitus sebagai penyakit kronis.

Kata Kunci: Diabetes Melitus; *Online*; *Peer Group*, Manajemen Diri

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Impact of Online Peer Group Based on Smartphone (OPS) to Self-Management Adherence Among Diabetes Melitus Patient at Yogyakarta

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Abstract

Background: Diabetes mellitus is a chronic disease that requires self-management adherence to achieve normal glycemic control. At present, internet access is an opportunity to provide access to information and support related to health. The peer-based online intervention can be an innovation for health workers providing services with focused and sustainable targets.

Objective: To determine the effect of OPS on adherence to self-management of patients with diabetes mellitus

Method: Study design was quasi experiment pre post test with control group with purposive sampling technique. The study was conducted in 4 primary health facilities that had the highest incidence of diabetes mellitus in the city of Yogyakarta during January- March 2019 with total samples 80 participant. The compliance outcome in this study was measured using the SDSCA questionnaire. Meanwhile, hypothesis testing was analyzed using the general linear model.

Results: Statistically the OPS influences the compliance of self-management of diabetes mellitus patients with a small effect of 6%. The difference in the control group's SDSCA score and intervention was significant with a p value of 0.040 ($p < 0.05$). Total score of the intervention group increased by 0.082 compared with the control group was 0.37.

Conclusion: OPS intervention has an effect on adherence to self-management of diabetic patients measured by the total SDSCA score. This service is feasible and has the potential to be applied to primary service settings in an effort to improve compliance with self-management of patients with diabetes mellitus as a chronic disease.

Keywords: Diabetes mellitus; Online; Peer Group, Self-Management

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