

INTISARI

Diabetes Mellitus (DM) adalah keadaan hiperglikemi kronik dimana dapat menyebabkan gangguan kesehatan dan penurunan kualitas hidup. Masalah tersebut dapat diminimalkan dengan cara melakukan *self-care*. *Self-care* mempunyai pengaruh terhadap kontrol kadar glukosa darah, pencegahan komplikasi akibat kadar gula darah yang tidak terkontrol dan peningkatan kualitas hidup penderita diabetes mellitus. Penelitian ini bertujuan untuk mengetahui pengaruh *self-care* terhadap kadar glukosa puasa dan kualitas hidup pasien diabetes tipe 2.

Jenis penelitian ini adalah observasional dengan rancangan *cross-sectional*, penelitian dilakukan di puskesmas Yogyakarta dan puskesmas Bantul pada bulan Oktober-Desember 2018. Kriteria inklusi penelitian adalah pasien dengan diagnosa diabetes mellitus berusia lebih dari 18 tahun, berobat di puskesmas lebih dari 8 minggu, terdapat catatan kadar gula darah puasa terakhir kurang dari sama dengan 1 bulan sebelum wawancara dilakukan, kriteria eksklusi adalah pasien yang menolak untuk berpartisipasi dan pasien yang tidak dapat berkomunikasi. Pengukuran *self-care* menggunakan instrument *Diabetes Self-Care Management Questionnaire* (DSMQ) dan pengukuran kualitas hidup menggunakan instrument Short Form 6 Dimension (SF-6D)

Jumlah responden dari penelitian ini 115 orang dimana 79,1% dari responden memiliki tingkat *self-care* yang baik dan 47% responden dengan kadar glukosa puasa yang belum tercapai. Dari penelitian ini diperoleh bahwa *self-care* berhubungan secara signifikan terhadap kadar glukosa puasa (OR=3,349, P<0,05) dan kualitas hidup (P=0,040). Nilai rata-rata utility pada penelitian ini adalah 0,911. Domain *self-care* dengan nilai terendah pada penelitian ini adalah domain aktivitas fisik dan *health-care*, sehingga motivasi pasien perlu ditingkatkan untuk berolahraga dan rutin memeriksakan penyakitnya karena *self-care* adalah salah satu faktor penting untuk dapat mengontrol kadar glukosa darah

Kata kunci: *Self-care*, kadar glukosa darah puasa, diabetes mellitus, kualitas hidup

ABSTRACT

Diabetes Mellitus (DM) is a chronic hyperglycemic condition which can cause health problems and a decrease in quality of life. These problems can be minimized by doing self-care. Self-care has an impact on blood glucose level, prevention of complications due to uncontrolled blood glucose levels and improving the quality of life for people with diabetes mellitus. This study aims to determine the impact of self-care on fasting glucose levels and the quality of life of patients with type 2 diabetes.

This study was observational with a cross-sectional design, the study was conducted in Yogyakarta health centers and Bantul health centers in October-December 2018. The inclusion criteria were patients diagnosed with diabetes mellitus more than 18 years of age, treatment at the puskesmas more than 8 weeks, there were levels the last fasting blood glucose less than 1 month before the interview was conducted, exclusion criteria were patients who refused to participate and patients who could not communicate. Self-care measurements using the Diabetes Self-Care Management Questionnaire (DSMQ) instrument and measurement of quality of life using a Short Form 6 Dimension (SF-6D) instrument. The number of respondents from this study was 115 people where 79.1% of respondents had a good level of self-care and 47% of respondents with fasting glucose levels that had not been reached. From this study it was found that self-care was significantly associated with fasting glucose levels (OR = 3.349, P <0.05) and quality of life (P = 0.040). The average value of the utility in this study is 0.911. The lowest value self-care domain in this study is the domain of physical activity and health-care, so that patient motivation needs to be increased for exercise and routine check-up because self-care is one of the important factors to be able to control blood glucose levels

Keywords: Self-care, Fasting blood glucose, type 2 diabetes mellitus, quality of life