

## ABSTRAK

### Pengaruh Edukasi *Online Peer Group* Berbasis *Smartphone* (OPS) Terhadap *Self Efficacy* Pasien Diabetes Melitus Tipe 2

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**Latar Belakang:** Pasien diabetes dihadapkan pada kemungkinan terjadinya komplikasi, untuk mencegahnya mereka perlu mempertahankan manajemen diri yang berlangsung seumur hidup. Hal tersebut didukung oleh adanya *self efficacy*. Salah satu upaya meningkatkan *self efficacy* pasien diabetes adalah dengan memberikan *Diabetes Self-Management Education And Support* (DSMES). Dalam peyampiannya akan lebih efektif jika dikemas dalam bentuk *e-health tools*. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi *online peer group* berbasis *smartphone* (OPS) terhadap *self efficacy* pada pasien diabetes melitus tipe 2.

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan rancangan *quasi eksperimen pre and post test design with control group*. Pengambilan sampel menggunakan teknik *non-probability* sampling dengan *purposive sampling* (n=71). Penelitian dilakukan di Puskesmas wilayah kota Yogyakarta. Kelompok intervensi diberikan edukasi, diskusi bersama dan *follow up* melalui *WhatsApp group* selama 15 hari dengan frekuensi 3 kali seminggu selama 1-3 jam setiap sesi, dan kelompok kontrol menjalani perawatan reguler. *Self efficacy* diukur menggunakan *Diabetes Management Self Efficacy Scale* (DMSES). Uji hipotesis menggunakan uji *Mann-Whitney* dan uji *Wilcoxon*.

**Hasil:** Nilai perbedaan *self efficacy* antara *pre test* dan *post test* kelompok intervensi ( $p=0,003$ ) dan kelompok kontrol ( $p=0,245$ ), dimana terdapat perbedaan antar pengukuran pada kelompok intervensi. Sementara hasil analisis perbedaan selisih *self efficacy* pada kelompok intervensi dan kelompok kontrol didapatkan  $p=0,191$ , sehingga tidak terdapat perbedaan *self efficacy* antar kedua kelompok.

**Kesimpulan:** Edukasi *online peer group* berbasis *smarthphone* (OPS) dapat mempengaruhi beberapa aspek *self efficacy* antara lain dalam mengelola diet, mengontrol gula darah dan melakukan aktivitas fisik.

**Kata Kunci:** *e-Health tools*, *Diabetes Self-Management Education and Support* (DSMES), *Diabetes Management Self Efficacy Scale* (DMSES), *whatsapp group*, *online peer support*.

## ABSTRACT

### **The Effect of Peer Group Online Education Using Smartphone (OPS) on Self Efficacy Type 2 Diabetes Melitus Patients**

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**Background:** Patients with diabetes are faced with the possibility of complications, to prevent it they need to maintain self-management that lasts a lifetime. This is supported by the existence of self efficacy. One effort to improve self efficacy of diabetic patients is to provide the Diabetes Self-Management Education And Support (DSMES). In its delivery it will be more effective if it is packaged in the form of e-health tools. This study aimed to analyze the effect of smartphone-based online peer group education (OPS) on self efficacy in type 2 diabetes mellitus patients.

**Method:** This study was a quantitative study with a quasi-experimental design pre and post test design with a control group. Sampling used non-probability sampling technique with purposive sampling (n = 71). The study was conducted at the health center area of the city of Yogyakarta. The intervention group was given education, joined for discussion and followed-up through WhatsApp group for 15 days with a frequency of 3 times a week for 1-3 hours of each session, and the control group underwent regular treatment. Self efficacy was measured using the Diabetes Management Self Efficacy Scale (DMSES). Hypothesis tested using the Mann-Whitney test and Wilcoxon test.

**Results:** The value of self-efficacy differences between pre-test and post-test intervention group ( $p= 0.003$ ) and the control group ( $p= 0.245$ ), where there was a difference between measurements in the intervention group. While the results of the analysis of differences in self efficacy in the intervention group and the control group was  $p= 0.191$ , so that there was no difference in self efficacy between groups.

**Discussion:** This intervention can effect several aspects of self-efficacy, namely managing diet, controlling blood sugar, and carrying out physical activities.

**Keywords:** *e-Health tools, Diabetes Self-Management Education and Support (DSMES), Diabetes Management Self Efficacy Scale (DMSES), whatsapp group, online peer support.*