

ABSTRAK

Efektivitas *Online Peer Group Berbasis Smartphone (OPS)* Terhadap Pemberdayaan Diri (*Self Empowerment*) Pasien Diabetes Melitus Tipe II Di Kota Yogyakarta

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Latar Belakang: Prevalensi diabetes melitus tipe 2 di Indonesia terus meningkat disertai dengan kondisi kontrol glikemik yang buruk. Manajemen diabetes merupakan kunci untuk mencapai kontrol glikemik yang optimal. *Self empowerment* merupakan faktor penting yang memengaruhi kemampuan seseorang dalam melakukan manajemen diabetes yang efektif. Salah satu upaya yang dapat dilakukan untuk meningkatkan *self empowerment* yaitu dengan pemberian program edukasi *online peer group* berbasis *smartphone*

Tujuan: Untuk mengetahui bagaimana efek dari *online peer group* berbasis *smartphone* terhadap *self empowerment* pasien diabetes melitus tipe 2 di Kota Yogyakarta

Metode: Penelitian ini merupakan *quasy experimental*. Penelitian dilakukan di 4 puskesmas Yogyakarta yaitu Puskesmas Kotagede 1, Gondokusuman, Mergangsan, dan Tegalrejo dan dilakukan selama 2 bulan. Sampel berjumlah 71 (kontrol 37 dan intervensi 34). Kelompok kontrol mendapatkan edukasi standar puskesmas dan kelompok intervensi mendapatkan program edukasi *online peer group*. *Self empowerment* diukur sebelum dan sesudah intervensi menggunakan kuesioner *Diabetes Empowerment Scale-Short Form (DES-SF)*. Uji hipotesis menggunakan *General Linier Model*

Hasil: Responden penelitian berusia rata-rata 57 tahun, lama menderita diabetes 6 tahun, dukungan keluarga 76,5% dan 59,5% untuk kelompok intervensi dan kontrol, serta 50% dan 70,3% responden belum mendapatkan edukasi diabetes untuk kelompok intervensi dan kontrol. Rata-rata skor *self empowerment pre-test* sebesar 27,03 dan 27,59 untuk kelompok kontrol dan intervensi, rata-rata *post test* sebesar 27,43 dan 32,76 untuk kelompok kontrol dan intervensi. Nilai $p < 0,001$ dan *effect size* 28,8%

Kesimpulan: Pemberian *online peer group* dapat meningkatkan *self empowerment* pada pasien diabetes melitus tipe 2

Kata Kunci: Diabetes melitus, *Online peer group berbasis smartphone*, *Self empowerment*

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ABSTRACT

The Effectiveness of Smartphone-based Online Peer Group On Self Empowerment Type II Diabetes Mellitus In Yogyakarta

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Background: The prevalence of type 2 diabetes mellitus in Indonesia continues to increase accompanied by conditions of poor glycemic control. Management of diabetes is the key to achieve optimal glycemic control. Self empowerment is an important factor that influences a person's ability to carry out effective diabetes management. One effort that can be done to improve self-empowerment is by providing a smartphone-based online peer group education program

Aim: To find out how the effects of smartphone-based online peer groups on self-empowerment patients with type 2 diabetes mellitus in Yogyakarta

Methods: This research was a quasi experimental conducted in 4 Yogyakarta health centers namely Kotagede 1 Health Center, Gondokusuman, Mergangsan, and Tegalrejo and carried out for 2 months. The sample amounted to 71 (controls 37 and intervention 34). The control group received standard health center education and the intervention group received an online peer group education program. Self empowerment was measured before and after the intervention using the Diabetes Empowerment Scale-Short Form (DES-SF) questionnaire. Hypothesis testing uses the General Linear Model

Results: The respondents of the study were 57 years old, 76.5% and 59.5% had good family support, 50% and 70.3% of respondents had not received diabetes education for the intervention and control groups respectively. The average pre-test self-empowerment score was 27.03 and 27.59 and post-test was 27.43 and 32.76 for the control and intervention groups respectively. $p < 0.001$ and the effect size of 28.8%

Conclusion: Online peer groups can improve self-empowerment in patients with type 2 diabetes mellitus

Key words: Diabetes mellitus, Smartphone based-online peer group, Self empowerment

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