



## **DISTRES EMOSIONAL PADA PENYANDANG DIABETES MELITUS TIPE 2 DI RSUP DR. SARDJITO YOGYAKARTA**

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### **ABSTRAK**

**Latar Belakang:** Masalah psikososial diabetes berkaitan dengan penurunan kualitas hidup, perawatan diri yang buruk, penurunan produktivitas dan kematian. Perubahan emosi dapat berupa kecemasan, stres, depresi, kesedihan yang mendalam, syok, marah, menarik diri dan penolakan pengobatan yang dikenal sebagai distres emosional.

**Tujuan Penelitian:** Mengidentifikasi distres emosional pada penyandang diabetes melitus tipe 2 di RSUP Dr. Sardjito Yogyakarta dan mengidentifikasi distres emosional berdasarkan karakteristik demografi.

**Metode:** Penelitian ini merupakan penelitian deskriptif-kuantitatif dengan rancangan *cross sectional study*. Responden penelitian ini adalah penyandang diabetes melitus tipe 2 di RSUP Dr. Sardjito Yogyakarta berjumlah 107 orang, diperoleh dengan teknik *consecutive sampling*. Instrumen yang digunakan adalah instrumen karakteristik responden dan *Problem Area in Diabetes Scale-5* (PAID-5). Analisa data disajikan dalam tabel distribusi frekuensi.

**Hasil:** Sejumlah 30 orang (28%) mengalami distres emosional dikarenakan perawatan diri yang buruk, pengobatan dan kontrol gula darah yang tidak teratur, kurangnya aktifitas fisik, penyandang mengalami kekhawatiran terhadap masa depan, kemungkinan komplikasi yang akan terjadi, dan kecemasan ketika menjalani pengobatan diabetes. Distres emosional ditemukan pada kelompok usia dewasa madya (41-60 tahun), perempuan, pendidikan dasar (SD/MI dan SMP/MTS), tidak bekerja, berpenghasilan dibawah UMR dan berstatus menikah.

**Kesimpulan:** Distres emosional pada penyandang diabetes melitus tipe 2 di RSUP Dr. Sardjito rendah.

**Kata Kunci :** Diabetes Melitus, Distres Emosional

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## **EMOTIONAL DISTRESS AMONG PEOPLE WITH TYPE 2 DIABETES MELLITUS AT RSUP DR. SARDJITO YOGYAKARTA**

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### **ABSTRACT**

**Background:** Diabetes psychosocial problems are related to decreased quality of life, poor self-care, decreased productivity and death. Emotional changes that can happen are anxiety, stress, depression, deep sadness, shock, anger, withdrawal, and rejection of treatment known as emotional distress.

**Research Objective:** To identify emotional distress in people with type 2 diabetes mellitus at RSUP Dr. Sardjito Yogyakarta and to identify emotional distress based on demographic characteristics.

**Method:** This was a descriptive-quantitative research with a cross sectional study design. The respondents of this research were people with type 2 diabetes mellitus at RSUP Dr. Sardjito Yogyakarta numbered 107 people, obtained by consecutive sampling technique. The instrument used was respondent characteristics instrument and Problem Area in Diabetes Scale-5 (PAID-5). Data analysis was presented in the frequency distribution table.

**Result:** As many as 30 people (28%) experienced emotional distress due to poor self-care, irregular blood sugar treatment and control, lack of physical activity, sufferers experience future concerns, possible complications that would occur, and anxiety when underwent diabetes treatment. Emotional distress was found in middle adulthood (41-60 years), women, elementary education (SD/MI and SMP/MTS), unemployed, earning under regional minimum wage (*UMR*), and married status.

**Conclusion:** Emotional distress in people with type 2 diabetes mellitus at RSUP Dr. Sardjito is low.

**Keywords:** Diabetes Mellitus, Emotional Distress

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