

## DAFTAR PUSTAKA

- Aditama, W. (2011). *Hubungan Self-Care, Self-Efficacy dan Social Support Terhadap Pengendalian Kadar Gula Darah (HbA1C) Penderita Diabetes Mellitus Tipe 2 Di Puskesmas Banyudono 1 dan Ngemplak Kabupaten Boyolali Provinsi Jawa Tengah*. Tesis. Yogyakarta: Universitas Gadjah Mada.
- Ahdiah, N., & Arofiati, F. (2019). Metode-Metode Penyampaian Diabetes Self-Management Education (DSME). *Dinamika Kesehatan Jurnal Kebidanan Dan Keperawatan*, 10(1), 303–317. <https://doi.org/10.33859/dksm.v10i1.416>
- Al-Khawaldeh, O. A., Al-Hassan, M. A., & Froelicher, E. S. (2012). Self-Efficacy, Self-Management, and Glycemic Control in Adults With Type 2 Diabetes Mellitus. *Journal of Diabetes and Its Complications*, 26(1), 10–16. <https://doi.org/10.1016/j.jdiacomp.2011.11.002>
- American Diabetes Association. (2014). Diagnosis and Classification of Diabetes Mellitus. *Diabetes Care*, 37(Supp 1), 81–90. <https://doi.org/10.2337/dc14-S081>
- American Diabetes Association. (2019a). Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes 2019. *Diabetes Care*, 42(Supplement 1), S13–S28. <https://doi.org/10.2337/dc19-S002>
- American Diabetes Association. (2019b). Improving Care and Promoting Health in Populations: Standards of Medical Care in Diabetes 2019. *Diabetes Care*, 42(Supplement 1), S7–S12. <https://doi.org/10.2337/dc19-S001>
- American Diabetes Association. (2019c). Introduction: Standards of Medical Care in Diabetes 2019. *Diabetes Care*, 42(Supplement 1), S1–S2. <https://doi.org/10.2337/dc19-SINT01>
- American Diabetes Association. (2019d). Lifestyle Management: Standards of Medical Care in Diabetes 2019. *Diabetes Care*, 42(Supplement 1), S46–S60. <https://doi.org/10.2337/dc19-S005>
- American Diabetes Association. (2019e). Microvascular Complications and Foot Care: Standards of Medical Care in Diabetes 2019. *Diabetes Care*, 42(Supplement 1), S124–S138. <https://doi.org/10.2337/dc19-s011>
- American Diabetes Association. (2019f). Prevention or Delay of Type 2 Diabetes: Standards of Medical Care in Diabetes 2019. *Diabetes Care*, 42(Supplement 1), S29–S33. <https://doi.org/10.2337/dc19-S003>
- Ariani, Y. (2011). *Hubungan Antara Motivasi dengan Efikasi Diri Pasien DM Tipe 2 Dalam Konteks Asuhan Keperawatan di RSUP. H. Adam Malik Medan* (Tesis. Jakarta: Universitas Indonesia). Retrieved from

<http://lontar.ui.ac.id/file?file=digital/20282755-T Yesi Ariani.pdf>

- Atak, N., Gurkan, T., & Kose, K. (2008). The Effect of Education on Knowledge, Self Management Behaviours and Self Efficacy of Patients with Type 2 Diabetes. *Australian Journal of Advanced Nursing, The*, 26(2), 66–74. Retrieved from <http://search.informit.com.au/documentSummary;dn=198857737071665;res=IELAPA>
- Balas, D. V., & Rad, T. (2012). Learning Theories - A Psychological Overview. *Agora Psycho-Pragmatica*, 6(1), 70–95. Retrieved from [https://www.researchgate.net/publication/260713244\\_Learning\\_Theories\\_-\\_A\\_Psychological\\_Overview](https://www.researchgate.net/publication/260713244_Learning_Theories_-_A_Psychological_Overview)
- Bandura, A. (1994). Self-Efficacy. *Encyclopedia of Human Behavior*, 4, 71–81.
- Bandura, A. (1997). *Self-efficacy: The Exercise of Control*. New York: W.H. Freeman and Company.
- Bandura, A. (1998). Health Promotion From The Perspective of Social Cognitive Theory. *Psychology and Health*, 13(4), 623–649. <https://doi.org/10.1080/08870449808407422>
- Beck, J., Greenwood, D. A., Blanton, L., Bollinger, S. T., Condon, J. E., Fischl, A. H., ... Pulizzi, J. L. (2017). 2017 National Standards for Diabetes Self-management Education and Support. *The Diabetes Educator*, xx(x), 1–16. <https://doi.org/10.1177/0145721717722968>
- Cai, C., & Hu, J. (2016). Effectiveness of A Family-Based Diabetes Self-Management Educational Intervention for Chinese Adults With Type 2 Diabetes in Wuhan, China. *Diabetes Educator*, 42(6), 697–711. <https://doi.org/10.1177/0145721716674325>
- Cambridge Dictionary. (2020). Self-Efficacy. Retrieved February 9, 2020, from <https://dictionary.cambridge.org/dictionary/english/self-efficacy>
- Centers for Disease Control and Prevention. (2017). *National Diabetes Statistics Report, 2017*. 1–20. <https://doi.org/10.2196/jmir.9515>
- Chatterjee, S., Davies, M. J., Heller, S., Speight, J., Snoek, F. J., & Khunti, K. (2018). Diabetes Structured Self-Management Education Programmes: A Narrative Review and Current Innovations. *The Lancet Diabetes and Endocrinology*, 6(2), 130–142. [https://doi.org/10.1016/S2213-8587\(17\)30239-5](https://doi.org/10.1016/S2213-8587(17)30239-5)
- Dahlan, M. S. (2016). *Besar Sampel Dalam Penelitian Kedokteran dan Kesehatan* (Edisi 4). Jakarta: Epidemiologi Indonesia.
- Dahlan, M. S. (2019). *Statistik Untuk Kedokteran dan Kesehatan* (Edisi 6).

Jakarta: Epidemiologi Indonesia.

- Dalimunthe, D. Y., Nasution, J. D., & Harahap, S. (2016). Pengaruh Diabetes Self Management Education (DSME) Sebagai Model Keperawatan Berbasis Keluarga Terhadap Pengendalian Glukosa Pada Penderita Diabetes Melitus. *Jurnal Mutiara Kesehatan Masyarakat*, 1(1), 53–61.
- Defronzo, R. A. (2009). From the triumvirate to the ominous octet: A new paradigm for the treatment of type 2 diabetes mellitus. *Diabetes*, 58(4), 773–795. <https://doi.org/10.2337/db09-9028>
- DeFronzo, R. A., Ferrannini, E., Zimmet, P., & Alberti, K. G. M. M. (2015). *International Textbook of Diabetes Mellitus* (4th editio). The Atrium, Southern Gate, Chichester, West Sussex: Wiley-Blackwell.
- Farrell, M., & Dempsey, J. (2014). *Smeltzer and Bare's Textbook of medical Surgical Nursing* (Third Edit; K. Enkelaar, M. Forde, P. Couch, & S. Plant, Eds.). Hunter St, Sydney: Penny Martin.
- Feinglos, M. N., & Bethel, M. A. (2008). *Contemporary Endocrinology: Type 2 Diabetes Mellitus An Evidence-Based Approach to Practical Management*. <https://doi.org/10.1017/CBO9781107415324.004>
- Funnell, M. M., & Anderson, R. M. (2004). Empowerment and Self-Management of Diabetes. *Clinical Diabetes*, 22(3), 123–127. <https://doi.org/10.2337/diaclin.22.3.123>
- Funnell, M. M., Brown, T. L., Childs, B. P., Haas, L. B., Hoseney, G. M., Jensen, B., ... Weiss, M. A. (2011). National Standards for Diabetes Self Management Education. *Diabetes Care*, 34(Supplement 1), S89–S92. <https://doi.org/10.2337/dc11-S089>
- Grey, M., Knafel, K., & McCorkle, R. (2006). A Framework For The Study of Self- and Family Management of Chronic Conditions. *Nursing Outlook*, 54(5), 278–286. <https://doi.org/10.1016/j.outlook.2006.06.004>
- Grey, M., Schulman-Green, D., Knafel, K., & Reynolds, N. R. (2015). A revised Self- and Family Management Framework. *Nursing Outlook*, 63(2), 162–170. <https://doi.org/10.1016/j.outlook.2014.10.003>
- Haas, L., Maryniuk, M., Beck, J., Cox, C. E., Duker, P., Edwards, L., ... Youssef, G. (2013). National Standards for Diabetes Self-Management Education and Support. *Diabetes Care*, 36(Supplement 1), 1630–1637. <https://doi.org/10.2337/dc13-S100>
- Hailu, F. B., Moen, A., & Hjortdahl, P. (2019). Diabetes Self-Management Education ( DSME ) – Effect on Knowledge , Self-Care Behavior , and Self-Efficacy Among Type 2 Diabetes Patients in Ethiopia: A Controlled Clinical Trial. *Diabetes, Metabolic Syndrome and Obesity: Targets and*

*Therapy*, 2489–2499.

International Diabetes Federation. (2017). *IDF Diabetes Atlas* (8th Editio). Retrieved from [www.diabetesatlas.org](http://www.diabetesatlas.org)

Iriani, T. T., Haryani, & Aulawi, K. (2017). Efektivitas Peer Group Diabetes Self Care Education Program (DSMEP) Terhadap Diabetes Self Care Activities Pasien DM. *JPPNI*, 02(01), 1–8. Retrieved from <https://pdfs.semanticscholar.org/cb72/218e9b90c1920e0d83028f3c496e45905088.pdf>

Kementerian Kesehatan Republik Indonesia. (2018a). *Hasil Utama Riskeddas 2018*.

Kementerian Kesehatan Republik Indonesia. (2018b). *Hasil Utama Riskeddas 2018 Provinsi NTB*.

Kusuma, H., & Hidayati, W. (2013). Hubungan Antara Motivasi Dengan Efikasi Diri Pada Pasien Diabetes Mellitus Tipe 2 Di Persadia Salatiga. *Jurnal Keperawatan Medikal Bedah*, 1(2), 132–141.

Lakens, D. (2013). Calculating and Reporting Effect Sizes to Facilitate Cumulative Science: A Practical Primer For T-tests and ANOVAs. *Frontiers in Psychology*, 4(NOV), 1–12. <https://doi.org/10.3389/fpsyg.2013.00863>

Ley, S. H., Hamdy, O., Mohan, V., & Hu, F. B. (2014). Diabetes 1 Prevention and management of type 2 diabetes : dietary components and nutritional strategies. *The Lancet*, 383(9933), 1999–2007. [https://doi.org/10.1016/S0140-6736\(14\)60613-9](https://doi.org/10.1016/S0140-6736(14)60613-9)

McEwen, Marylyn M., Pasvogel, A., & Murdaugh, C. L. (2016). Family Self-Efficacy for Diabetes Management: Psychometric Testing. *Journal of Nursing Measurement*, 24(1), E32–E43. <https://doi.org/10.1891/1061-3749.24.1.E32>

McEwen, Marylyn Morris, Pasvogel, A., & Murdaugh, C. (2019). Effects of A Family-Based Diabetes Intervention on Family Social Capital Outcomes for Mexican American Adults. *Diabetes Educator*, 45(3), 272–286. <https://doi.org/10.1177/0145721719837899>

Mehta, N. V., Trivedi, M., Maldonado, L. E., Saxena, D., & Humphries, D. L. (2016). Diabetes knowledge and self-efficacy among rural women in Gujarat, India. *Rural and Remote Health*, 16(1), 3629. <https://doi.org/doi10.22605/RRH3629>

Mohebi, S., Sharifirad, G., Azadbakht, L., Feizi, A., & Kargar, M. (2013). Review The Key Role of Self-Efficacy in Diabetes Care. *Journal of Education and Health Promotion*, 2(1), 36. <https://doi.org/10.4103/2277-9531.115827>

- Nursalam. (2016). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis* (Edisi 4; P. P. Lestari, Ed.). Jakarta Selatan: Salemba Medika.
- Perkumpulan Endokrinologi Indonesia. (2015). *Konsensus Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Di Indonesia 2015*. PB. Perkeni.
- Powers, M. A., Bardsley, J., Cypress, M., Duker, P., Funnell, M. M., Fischl, A. H., ... Vivian, E. (2017). Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. *The Diabetes Educator*, 43(1), 40–53. <https://doi.org/10.1177/0145721716689694>
- Putro, P. J. S., & Suprihatin. (2012). Pola Diet Tepat Jumlah, Jadwal, dan Jenis Terhadap Kadar Gula Darah Pasien Diabetes Mellitus Tipe II. *Jurnal STIKES*, 5(1), 71–81.
- Rahayu, E., Kamaluddin, R., & Sumarwati, M. (2014). Pengaruh Program Diabetes Self Management Education Berbasis Keluarga Terhadap Kualitas Hidup Penderita Diabetes Melitus Tipe II Di Wilayah Puskesmas II Baturraden. *Jurnal Keperawatan Soedirman (The Soedirman Journal of Nursing)*, 9(3), 163–172. <https://doi.org/http://dx.doi.org/10.20884/1.jks.2013.8.2.470>
- Rahmawati, Tahlil, T., & Syahrul. (2016). Pengaruh Program Diabetes Self-Management Education Terhadap Manajemen Diri Pada Penderita Diabetes Mellitus Tipe 2. *Jurnal Ilmu Keperawatan*, 4(1), 46–58.
- Rining, M. K. L. (2019). *Pengaruh Edukasi Online Peer Group Berbasis Smartphone (OPS) Terhadap Self Efficacy Pasien Diabetes Melitus Tipe 2 Di Kota Yogyakarta* (Tesis. Yogyakarta: Universitas Gadjah Mada). Retrieved from <http://samples.jbpub.com/9781449689742/Chapter2.pdf>
- Rondhianto. (2012). Pengaruh Diabetes Self Management Education Dalam Discharge Planning Terhadap Self Care Behavior Pasien Diabetes Mellitus Tipe 2. *Jurnal Keperawatan Soedirman (The Soedirman Journal of Nursing)*, 7(3), 133–141.
- Ryan, P., & Sawin, K. J. (2009). The Individual and Family Self-management Theory: Background and Perspectives on Context, Process, and Outcomes Polly. *Nursing Outlook*, 57(4), 217–225. <https://doi.org/10.1016/j.outlook.2008.10.004>.The
- Sari, C. W. M., Haroen, H., & Nursiswati. (2016). Pengaruh Program Edukasi Perawatan Kaki Berbasis Keluarga terhadap Perilaku Perawatan Kaki pada Pasien Diabetes Melitus Tipe 2. *Jurnal Keperawatan Padjadjaran*, v4(n3), 305–315. <https://doi.org/10.24198/jkp.v4n3.10>
- Sary, M. A. F. (2012). *Efektivitas Face to Face Peer Group Diabetes Self*

*Management Education Program (DSME) Terhadap Peningkatan Self Efficacy pada Penderita DM Type 2.* Skripsi. Yogyakarta: Universitas Gadjah Mada.

Sastroasmoro, S., & Ismael, S. (2016). *Dasar-dasar Metodologi Penelitian Klinis* (Edisi 4). Jakarta: Sagung Seto.

Soegondo, S., Soewondo, P., & Subekti, I. (2015). *Penatalaksanaan Diabetes Melitus Terpadu* (Edisi Kedu). Jakarta: Balai Penerbit FKUI.

Stanford Patient Education Research Center. (2009). Self-Efficacy for Diabetes. [https://doi.org/10.1016/S0882-5963\(98\)80049-3](https://doi.org/10.1016/S0882-5963(98)80049-3)

Steinsbekk, A., Rygg, L., Lisulo, M., Rise, M. B., & Fretheim, A. (2012). Group Based Diabetes Self-Management Education Compared to Routine Treatment for People with T2DM - A Systematic Review with Meta-Analysis. *BMC Health Services Research* 2012, 12(213), 1–19. <https://doi.org/doi:10.1186/1472-6963-12-213>

Strychar, I., Elisha, B., & Schmitz, N. (2012). Type 2 Diabetes Self-Management: Role of Diet Self-Efficacy. *Canadian Journal of Diabetes*, 36(6), 337–344. <https://doi.org/10.1016/j.jcjd.2012.10.005>

Sudirman, A. A. (2017). Diabetes Mellitus , Diabetes Self Management Education (DSME), and Self Care Diabetik. *Proceeding The 1ST Gorontalo Internasional Nursing Conference 2017*.

Sugiharto, Hsu, Y.-Y., Toobert, D. J., & Wang, S.-T. (2019). the Validity and Reliability of the Summary of Diabetes Self- Care Activities Questionnaire : an Indonesian Version. *Indonesian Nursing Journal of Education and Clinic*, Vol. 4(No.1), 25–36.

Sugiyama, T., Steers, W. N., Wenger, N. S., Duru, O. K., & Mangione, C. M. (2015). Effect of a Community-Based Diabetes Self- Management Empowerment Program on Mental Health-Related Quality of Life : a Causal Mediation Analysis from a Randomized Controlled Trial. *BMC Health Services Research*, 15(115), 1–9. <https://doi.org/10.1186/s12913-015-0779-2>

World Health Organization. (2016). *Global Report on Diabetes*. Retrieved from [https://apps.who.int/iris/bitstream/handle/10665/204871/9789241565257\\_eng.pdf;jsessionid=089A34B8A4AC015299BE802FD980145C?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/204871/9789241565257_eng.pdf;jsessionid=089A34B8A4AC015299BE802FD980145C?sequence=1)

Zhou, M., & Brown, D. (2015). Educational Learning Theories: 2nd Edition. Education Open Textbooks. In *Education Open Textbooks*. Retrieved from <https://oer.galileo.usg.edu/education-textbooks/1>