



ABSTRACT

The aim of this research is to examine the psychological dynamics of self-care behavior in patients with type 2 diabetes. Eight respondents were interviewed in this research, three respondents as subjects and the other five respondents as significant others.

Findings from this research indicated that each subject had different psychological dynamics of diabetes self-care. Self efficacy, knowledge of diabetes, social support, financial support and the role of health professional were the aspects that influenced the subjects' psychological dynamics of diabetes self-care. Amongst all of those aspects, self efficacy contributed the most toward diabetes self-care.

Keywords : *self-care, type 2 diabetes, psychological dynamics*



INTISARI

Penelitian ini bertujuan untuk mengetahui dinamika psikologis penyandang diabetes tipe 2 dalam menjalani aktivitas *self-care* diabetes sebagai upaya menjaga kadar gula darah normal. Delapan orang responden diwawancarai dalam penelitian ini, yakni tiga orang penyandang diabetes sebagai subjek, dan lima orang *significant others*.

Hasil dari penelitian ini menunjukkan bahwa masing-masing subjek mengalami dinamika psikologis yang berbeda-beda. Dinamika psikologis penyandang diabetes dalam menjalani *self-care* diabetes dipengaruhi oleh efikasi diri, pengetahuan mengenai diabetes, dukungan sosial, dukungan finansial, serta peran petugas medis. Di antara hal-hal tersebut, efikasi diri memberikan pengaruh yang paling besar terhadap *self-care* diabetes ketiga subjek.

Kata kunci : *self-care, diabetes tipe 2, dinamika psikologis*