

INTISARI

Latar Belakang: Populasi lansia mengalami perkembangan pesat yang menyebabkan transisi epidemiologi kesehatan dipengaruhi oleh penyakit degeneratif. Diabetes melitus merupakan penyakit degeneratif yang terjadi karena ketidakadekuatan produksi insulin. Diabetes melitus membutuhkan manajemen jangka panjang sehingga penderita dapat mengalami distres emosional. Adanya distres emosional dapat menurunkan kualitas hidup. Dukungan sosial penting dalam perilaku manajemen diabetes dan coping distres emosional. Penderita diabetes melitus memerlukan dukungan sosial untuk menurunkan distres emosional dan meningkatkan kualitas hidup.

Tujuan: Untuk mengetahui hubungan distres emosional dan dukungan sosial dengan kualitas hidup lansia penderita diabetes melitus tipe 2 di Kabupaten Sleman.

Metode: Jenis penelitian *correlational* menggunakan rancangan *cross sectional* dengan 188 responden lansia penderita diabetes melitus tipe 2 di Kabupaten Sleman yang dipilih dengan metode *purposive sampling*. Data penelitian diperoleh dengan menggunakan kuesioner *Problem Area in Diabetic* (PAID), Dukungan Sosial yang dikembangkan Kim, Shimada, Sakano, dan WHOQOL-Bref. Analisis data menggunakan uji *Spearman correlation*.

Hasil: Terdapat korelasi negatif bermakna ($r=-0,289, p<0,05$) antara distres emosional dan kualitas hidup, terdapat korelasi positif yang bermakna ($r=0,230, p<0,05$) antara dukungan sosial dan kualitas hidup dan tidak terdapat hubungan bermakna antara dukungan sosial dan distres emosional ($p>0,05$).

Kesimpulan: Terdapat korelasi negatif antara distres emosional dengan kualitas hidup, terdapat korelasi positif antara dukungan sosial dengan kualitas hidup dan tidak terdapat hubungan bermakna antara dukungan sosial dengan distres emosional pada lansia penderita Diabetes Melitus tipe 2 di Kabupaten Sleman.

Kata kunci: Diabetes Melitus, Distres Emosional, Dukungan Sosial, Kualitas Hidup, Lansia

ABSTRACT

Background: Elderly population experiencing rapid development that causing health epidemiology transition influenced by degenerative disease. Diabetes mellitus is one of degenerative illness caused by inadequate production of insulin. Diabetes mellitus need long-term management which can lead to emotional distress. Emotional distress can diminish life quality. Social support is an important to behavior management and cope emotional distress. Diabetics patient need social support to lower emotional distress and improve life quality.

Objective: To determine the correlation between emotional distress, social support and life quality of elderly patients with diabetes mellitus type 2 in Sleman Regency

Methods: This is a *correlational study* which using cross-sectional design. The subjects were 188 elderly with diabetes mellitus in Sleman Regency selected by *purposive sampling method*. Data were collected using the questionnaire of *Problem Area in Diabetic* (PAID), social support that had been improved by Kim, Shimada, Sakano and WHOQOL-Bref. The data analysis was done by using *Spearman correlation test*.

Result: There was significant negative correlation between emotional distress and life quality ($r=-0,289, p<0,05$) and there was significant positive correlation between social support and life quality ($r=0,230, p<0,05$). There was no correlation between social support and distress emotional with $p>0,05$.

Conclusion: There was significant negative correlation between emotional distress and life quality, there was significant positive correlation between social support and life quality and there was no correlation between social support and distress emotional in elderly patients with diabetes mellitus type 2 in Sleman Regency

Keywords: Diabetes melitus, emotional distress, social support, life quality, elderly