

# HUBUNGAN ANTARA *HEALTH LOCUS OF CONTROL* DAN MANAJEMEN DIRI PADA PASIEN DIABETES TIPE 2 DI YOGYAKARTA

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *health locus of control* dan manajemen diri pada pasien Diabetes Melitus tipe 2. Metode penelitian yang digunakan adalah penelitian kuantitatif non-parametrik. Subjek dalam penelitian ini berjumlah 97 pasien Diabetes Melitus tipe 2 rawat jalan di Rumah Sakit Panti Rapih Yogyakarta yang berusia 40 tahun ke atas, bersedia menjadi subjek penelitian, dan telah menyandang diabetes minimal 1 tahun. Data penelitian ini diperoleh menggunakan dua alat ukur yang telah diadaptasi yaitu skala *Multidimensional Health Locus of Control Form C* (MHLC-C) dan *Diabetes Self-Management Questionnaire* (DSMQ). Penelitian ini menghasilkan tiga kesimpulan, antara lain terdapat hubungan positif antara dimensi *Internal health locus of control* dan manajemen diri pada pasien Diabetes Melitus tipe 2 ( $r=0.197$ ;  $p=0.026$ ), terdapat hubungan positif antara dimensi *Chance health locus of control* dan manajemen diri pada pasien Diabetes Melitus tipe 2 ( $r=0.218$ ;  $p=0.016$ ), dan terdapat hubungan positif antara dimensi *Doctors health locus of control* dan manajemen diri pada pasien Diabetes Melitus tipe 2 ( $r=0.222$ ;  $p=0.014$ ).

**Kata kunci:** *health locus of control*, manajemen diri, diabetes, diabetes melitus tipe 2

**CORRELATION BETWEEN HEALTH LOCUS OF CONTROL AND  
SELF-MANAGEMENT TYPE 2 DIABETES MELLITUS PATIENTS IN  
YOGYAKARTA**

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**ABSTRACT**

This research aimed to know the correlation between health locus of control and self-management type 2 patients Diabetes Mellitus. The method of the research is non-parametric quantitative. The subjects of this research are 97 diabetes mellitus outpatients in Rumah Sakit Panti Rapih Yogyakarta with age over 40 years, subjects willing and able to give informed consent for participation in the research, and minimum duration of diagnosis for Diabetes Mellitus type 2 is 1 year. The research data was obtained using the Multidimensional Health Locus of control Form C (MHLC-C) and Diabetes Self-Management Questionnaire (DSMQ) that has been adapted. Research shows three conclusions, first there is positive correlation between internal health locus of control dimension and self-management type 2 patients Diabetes Mellitus ( $r=0.197$ ;  $p=0.026$ ), there is positive correlation between chance health locus of control dimension and self-management type 2 Diabetes Mellitus ( $r=0.218$ ;  $p=0.016$ ), and there is positive correlation between doctors health locus of control dimension and self-management type 2 patients Diabetes Mellitus ( $r=0.222$ ;  $p=0.014$ ).

*Keyword:* health locus of control, self-management, diabetes, type 2 diabetes mellitus

