

**HUBUNGAN PENGETAHUAN TERHADAP *SELF-MANAGEMENT*
PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS NGAGLIK II
YOGYAKARTA**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat
Memperoleh Gelar Sarjana Farmasi (S.Farm)
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ABSTRAK

Diabetes melitus tipe 2 (DM tipe 2) merupakan penyakit kronis yang menyebabkan kematian jika tidak dikelola dengan baik. *Self-management* menjadi kunci dalam pengelolaan DM tipe 2 yang efektivitasnya sangat dipengaruhi pada pengetahuan pasien. Tujuan penelitian ini untuk mengetahui hubungan pengetahuan terhadap *self-management* pasien DM tipe 2 di Puskesmas Ngaglik II Yogyakarta. Jenis penelitian observasional analitik dengan pendekatan *cross-sectional*. Teknik pengambilan sampel yaitu *purposive sampling*. Instrumen yang digunakan adalah kuesioner karakteristik responden, *Diabetes Knowledge Questionnaire-24* (DKQ-24), dan *Diabetes Self-Management Questionnaire* (DSMQ). Analisis univariat untuk karakteristik responden menunjukkan mayoritas pasien berjenis kelamin perempuan (78,9%), berusia 45-59 tahun (53,3%), pendidikan SMA (41,1%), pekerjaan sebagai IRT (52,2%), penghasilan <Rp 1.000.000 (60%), sebagai anggota BPJS (100%), durasi penyakit 1-5 tahun (45,6%), mengalami hipertensi (54,4%), komplikasi neuropati diabetik (53,3%), terapi antihiperglikemia oral kombinasi 2 obat (54,45%), tidak memiliki riwayat keluarga (62,2%), mendapatkan dukungan keluarga (93,3%), rutin melakukan pemeriksaan ke dokter satu bulan sekali (95,6%), pemeriksaan laboratorium 1 bulan sekali (87,8%), waktu mendapatkan informasi kesehatan tentang DM tipe 2 terakhir kali satu bulan lalu pada bulan februari (90%) dan sumber informasi berasal dari puskesmas (81,1%). Hasil analisis menunjukkan mayoritas pasien DM tipe 2 di Puskesmas Ngaglik II Yogyakarta memiliki tingkat pengetahuan tinggi (58%) dan *self-management* tinggi (86%). Uji normalitas *kolmogorov-smirnov* pengetahuan dan *self-management* tidak terdistribusi normal $p = 0,000 (<0,05)$. Uji spearman menunjukkan nilai $p = 0,000 (<0,05)$, artinya terdapat hubungan pengetahuan terhadap *self-management*. Nilai koefisien korelasi 0,598 masuk dalam kategori sedang dengan arah positif, pasien dengan pengetahuan tinggi memiliki *self-management* tinggi (56,7%).

Kata kunci : DM tipe 2, pengetahuan, *self-management*

ABSTRACT

Type 2 diabetes mellitus (type 2 DM) is a chronic disease that can cause death if not managed properly. Self-management is key in the management of type 2 DM, and its effectiveness is greatly influenced by patient knowledge. The purpose of this study was to determine the relationship between knowledge and self-management Type 2 DM patients at Ngaglik II Health Center, Yogyakarta. Type of analytical observational research with an approach cross-sectional. Sampling technique that is purposive sampling. The instrument used was a respondent characteristics questionnaire, Diabetes Knowledge Questionnaire-24 (DKQ-24), and Diabetes Self-Management Questionnaire (DSMQ). Univariate analysis for respondent characteristics showed that the majority of patients were female (78.9%), aged 45-59 years (53.3%), had high school education (41.1%), worked as a housewife (52.2%), and had a high school income (52.2%), <Rp 1,000,000 (60%), registered as BPJS members (100%), duration of illness 1-5 years (45.6%), experiencing hypertension (54.4%), diabetic neuropathy complications (53.3%), oral antihyperglycemic therapy with a combination of 2 drugs (54.45%), no family history (62.2%), receiving family support (93.3%), routinely having a check-up with a doctor once a month (95.6%), laboratory examination once a month (87.8%), the last time they received health information about type 2 DM was one month ago (90%) and the source of information came from a health center (81.1%). The results of the analysis showed that the majority of type 2 DM patients at the Ngaglik II Health Center in Yogyakarta had a high level of knowledge (58%) and self-management high (86%). Kolmogorov-Smirnov normality test of knowledge and self-management not normally distributed $p = 0.000$ (<0.05). Spearman's test $p = 0.000$ (<0.05), meaning that there is a relationship between knowledge and self-management. The correlation coefficient value of 0.598 is in the moderate category with a positive direction, patients with high knowledge have self-management high (56.7%).

Keywords : Type 2 DM, Knowledge, Self-managent