

ABSTRAK

Diabetes Melitus tipe 2 (DM tipe 2) adalah penyakit defisiensi insulin dan salah satu penyakit kronis yang banyak diderita masyarakat Indonesia. Kunci keberhasilan dari pengendalian diabetes adalah *self-management* yang baik. Tingkat pengetahuan merupakan salah satu faktor yang memengaruhi *self-management* pasien DM tipe 2. Tujuan penelitian ini untuk mengetahui hubungan pengetahuan dan *self-management* pasien DM tipe 2 di Puskesmas Mlati II Sleman di Yogyakarta. Jenis penelitian ini observasional analitik dengan rancangan *cross sectional*. Pengambilan sampel secara *purposive sampling* dengan subjek penelitian yaitu pasien DM tipe 2 yang berjumlah sebanyak 87 orang di Puskesmas Mlati II. Pengambilan data dilakukan dengan pasien yang memenuhi kriteria inklusi mengisi kuesioner karakteristik responden, *Diabetes Knowledge Questionnaire-24* (DKQ-24) dan *Diabetes Self-management Questionnaire* (DSMQ). Analisis yang digunakan pada penelitian ini adalah analisis deskriptif dan Uji Korelasi *Spearman*. Hasil yang didapatkan adalah pasien DM tipe 2 di Puskesmas Mlati II memiliki tingkat pengetahuan yang rendah (17,2%), sedang (64,4%) dan tinggi (18,4%) dan *self-management* yang rendah (28,7%) dan tinggi (71,3%), terdapat hubungan yang signifikan antara tingkat pengetahuan dengan *self-management* pasien DM tipe 2 di Puskesmas Mlati II dengan $p\text{-value} < 0,001$ dan $r\text{-value} = 0,478$, dengan korelasi yang sedang dimana semakin tinggi tingkat pengetahuan maka semakin tinggi *self-management* pasien.

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

ABSTRACT

Type 2 Diabetes Mellitus (T2DM) is an insulin deficiency disease and one of the chronic diseases suffered by many people in Indonesia. The key to successful diabetes control is good self-management. The level of knowledge is one of the factors that influence the self-management of type 2 DM patients. The purpose of this study was to determine the relationship between knowledge and self-management of type 2 DM patients at the Mlati II Sleman Health Center in Yogyakarta. This type of research is observational analytic with a cross-sectional design. Sampling was carried out by purposive sampling with the research subjects being 87 type 2 DM patients at the Mlati II Health Center. Data collection was carried out with patients who met the inclusion criteria filling out the respondent characteristics questionnaire, the Diabetes Knowledge Questionnaire-24 (DKQ-24) and the Diabetes Self-management Questionnaire (DSMQ). The analysis used in this study was descriptive analysis and the Spearman Correlation Test. The results obtained were that type 2 DM patients at Mlati II Health Center had low levels of knowledge (17.2%), moderate (64.4%) and high (18.4%) and poor self-management (28.7%) and high (71.3%), there was a relationship between the level of knowledge and self-management of type 2 DM patients at Mlati II Health Center with p -value < 0.001 and r -value = 0.478, with a moderate correlation where the higher the level of knowledge, the higher the patient's self-management.

Keywords : knowledge, self-management, type 2 DM