

ABSTRAK

Diabetes Melitus (DM) tipe 2 merupakan keadaan yang menyebabkan resistensi insulin. Pada kabupaten sleman, Yogyakarta ditemukan pasien DM terbanyak dan pada puskesmas Ngemplak II telah melayani banyak pasien DM tipe 2 dengan jumlah keseluruhan 841 pasien, pasien DM tipe 2 mengalami kesulitan dalam mengontrol gula darah sehingga berpotensi menjadi komplikasi serius yang dapat menurunkan kualitas hidup pasien, salah satu penyebab kesulitan ini adalah kegagalan dalam pengelolaan mandiri yang diduga karena kurangnya pengetahuan mengenai DM tipe 2. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan terhadap *self-management* pasien DM tipe 2. Penelitian ini merupakan observasional analitik dengan metode *cross-sectional* dan teknik *purposive sampling*. Subjek penelitian sebanyak 50 responden di Puskesmas Ngemplak II Sleman, Yogyakarta, dengan alat ukur *Diabetes Knowledge Questionnaire* 24 (DKQ-24) untuk pengetahuan dan *Diabetes Self-Management Questionnaire* (DSMQ) untuk *self-management* pasien DM tipe 2. Analisis univariat menggunakan analisis deskriptif lalu disajikan dalam bentuk persentase dan analisis bivariat menggunakan uji *spearman rank* dan *chi square*. Hasil didapatkan responden memiliki tingkat pengetahuan rendah sebanyak 30%, sedang sebanyak 28% dan tinggi sebanyak 42% dan *self-management* rendah sebanyak 34% dan tinggi sebanyak 66% dan didapatkan hubungan signifikan antara tingkat pengetahuan terhadap *self-management* pasien DM tipe 2 dengan $p\text{-value} < 0.001$ yang artinya terdapat hubungan bermakna antara kedua variabel dan nilai $r=0.603$ yang artinya korelasi kuat dengan arah positif dimana semakin tinggi pengetahuan maka semakin tinggi *self-management*.

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

ABSTRACT

Diabetes Mellitus (DM) type 2 is a condition that causes insulin resistance. In Sleman Regency, Yogyakarta, the most DM patients were found and at the Ngemplak II Community Health Center, it has served many type 2 DM patients with a total of 841 patients, type 2 DM patients have difficulty in controlling blood sugar so that it has the potential to become serious complications that can reduce the quality of life of patients, one of the causes of this difficulty is failure in self-management which is thought to be due to a lack of knowledge about type 2 DM. This study aims to determine the relationship between the level of knowledge and self-management of type 2 DM patients. This study is an analytical observational study with a cross-sectional method and purposive sampling technique. The research subjects were 50 respondents at Ngemplak II Health Center, Sleman, Yogyakarta, with the Diabetes Knowledge Questionnaire 24 (DKQ-24) as the measuring tool for knowledge and the Diabetes Self-Management Questionnaire (DSMQ) for self-management of type 2 DM patients. Univariate analysis used descriptive analysis then presented in the form of percentages and bivariate analysis used the Spearman rank and chi square tests. The results showed that respondents had a low level of knowledge of 30%, medium of 28% and high of 42% and low self-management of 34% and high of 66% and a significant relationship was found between the level of knowledge and self-management of type 2 DM patients with a p -value < 0.001 which means there is a significant relationship between the two variables and the value of $r = 0.603$ which means a strong correlation with a positive direction where the higher the knowledge the higher the self-management.

Keywords: Type 2 DM, knowledge, self-management