

ABSTRAK

Diabetes membutuhkan kepatuhan dalam melakukan *self-care* untuk mempertahankan kesehatan dan mencegah perburukan penyakit. Terdapat beberapa faktor yang mempengaruhi *self-care* pada pasien diabetes di antaranya *uncertainty* penyakit. *Uncertainty* merupakan sumber utama stres pada pasien dengan penyakit kronis juga menurunkan kepatuhan pasien terhadap perilaku *self-care*. Penelitian ini bertujuan untuk mengetahui hubungan antara *uncertainty in illness* terhadap *self-care* pada pasien diabetes melitus tipe 2 di Poli Penyakit Dalam RSUD Kota Bandung.

Jenis penelitian menggunakan *cross sectional*. Populasi pada penelitian ini adalah pasien diabetes melitus tipe 2 di Poli Penyakit Dalam RSUD Kota Bandung dengan pengambilan sampel menggunakan teknik *consecutive sampling* berjumlah 32 responden. Teknik pengumpulan data menggunakan kuesioner modifikasi *Mishel Uncertainty in illness Scale* (MUIS-C) dan modifikasi *Revised-Summary of diabetes self-care activities* (SDSCA). Analisis yang digunakan adalah persentase dan uji korelasi kontingensi.

Hasil penelitian menunjukkan gambaran *uncertainty* tinggi sebesar 56,63%, gambaran *self-care* baik dan buruk sebesar 50%, $p\text{-value} = 0,03$ ($\alpha < 0,05$). Dengan demikian, terdapat hubungan antara *uncertainty in illness* terhadap *self-care* pada pasien diabetes melitus tipe 2 di Poli Penyakit Dalam RSUD Kota Bandung. Strategi koping yang tepat dapat mengatasi *uncertainty* dan meningkatkan *self-care*. Hasil penelitian disarankan untuk meningkatkan *self-care* dengan mengelola *uncertainty* pada pasien diabetes melitus tipe 2.

Kata Kunci: Diabetes Melitus Tipe 2, *Self-care*, *Uncertainty in illness*

Daftar pustaka : 12 buku (2017-2021)

31 Jurnal (2017-2022)

5 Website (2018- 2021)

6 Artikel (2018-2021)

ABSTRACT

Diabetes requires adherence to self-care to maintain health and prevent the disease from worsening. Several factors affect self-care in diabetic patients, including uncertainty disease. Uncertainty is a significant source of stress in patients with chronic diseases and reduces patient compliance with self-care behavior. This study aims to determine the relationship between uncertainty in illness and self-care in type 2 diabetes mellitus patients at the Internal Medicine Polyclinic, Bandung City Hospital.

This type of research uses cross-sectional. The population in this study were patients with type 2 diabetes mellitus at the Internal Medicine Polyclinic, Bandung City Hospital with sampling using consecutive sampling techniques totaling 32 respondents. The data collection technique used a modified Mishel Uncertainty in illness Scale (MUIS-C) questionnaire and a modified Revised Summary of diabetes self-care activities (SDSCA). The analysis used is the percentage and contingency correlation test.

The result of this research shows that uncertainty of 56.63%, a self-care 50%, $p\text{-value} = 0.03$ ($\alpha < 0.05$). Thus, there is a relationship between uncertainty in illness and self-care in type 2 diabetes mellitus patients at the Internal Medicine Polyclinic at the Bandung City Hospital. The right coping strategy can overcome uncertainty and increase self-care. The study's results suggested improving self-care by managing uncertainty in type 2 diabetes mellitus patients.

Keywords: Type 2 Diabetes Mellitus, Self-care, Uncertainty in illness

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5 Websites (2018-2021)

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