

Abstrak

Diabetes mellitus merupakan penyakit menahun (kronis) berupa gangguan metabolik yang ditandai dengan kadar gula darah yang melebihi batas normal. Dampak tidak ter kendalinya kadar gula darah mengakibatkan komplikasi. Penerapan *self-management* yang baik dapat menurunkan resiko terjadinya komplikasi, mengurangi kejadian hospitalisasi dan angka kematian akibat DM yang dapat dipengaruhi oleh faktor *self-efficacy* dan dukungan keluarga.

Tujuan dari penelitian ini yaitu untuk mengetahui hubungan *self-efficacy* dan dukungan keluarga dengan *self-managemenet* pada pasien Diabetes Mellitus di Puskesmas Cibiru Kota Bandung.

Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan pendekatan *deskriptif korelatif*. Teknik pengambilan sampel menggunakan *Simpel Random Sampling* dengan populasi 110 responden didapat jumlah sampel sebanyak 87 responden. Instrumen penelitian ini menggunakan kuesioner DMSSES, HDFSS, DSMQ.

Hasil penelitian menunjukan terdapat hubungan *self-efficacy* dengan *self-management* $p\text{-value}=0,000$, dan terdapat hubungan dukungan keluarga dengan *self-mangement* $p\text{-value}=0,004$. Analisa yang digunakan pada penelitian ini menggunakan distribusi frekuensi dan uji kolerasi menggunakan *Spearman Rank..* Kesimpulan: dari hasil penelitian *self-efficacy* dan dukungan keluarga mempengaruhi *self-imanagement*. Disarankan kepada petugas kesehatan agar dapat memberikan motivasi kepada pasien untuk meningkatkan *self-efficacy* dalam melakukan *self-mangement* terhadap penyakitnya dan memberikan motivasi kepada keluarga pasien bahwa pentingnya dukungan keluarga bagi pasien diabetes mellitus dalam menghadapi penyakitnya.

Kata Kunci: Dukungan Keluarga, *Self-Efficacy*, *Self-Management*

Daftar Pustaka: 5 Buku (2010-2020)

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7 Website

Abstract

Diabetes mellitus is a chronic (chronic) disease in the form of a metabolic disorder characterized by blood sugar levels that exceed normal limits. The impact of uncontrolled blood sugar levels causes complications. The application of good self-management can reduce the risk of complications, reduce the incidence of hospitalization and mortality due to DM which can be influenced by self-efficacy factors and family support.

The purpose of this study was to determine the relationship between self-efficacy and family support with self-management in Diabetes Mellitus patients at the Cibiru Public Health Center, Bandung City.

The type of research used is quantitative research with a descriptive correlative approach. The sampling technique used is Simple Random Sampling with a population of 110 respondents, the number of samples obtained is 87 respondents. The research instrument used the DMSES, HDFSS, DSMQ questionnaires.

The results showed that there was a relationship between self-efficacy and self-management $p\text{-value} = 0.000$, and there was a relationship between family support and self-management $p\text{-value} = 0.004$. The analysis used in this study uses a frequency distribution and correlation test using Spearman Rank.. Conclusion: from the results of research self-efficacy and family support affect self-management. It is recommended to health workers to be able to motivate patients to increase self-efficacy in doing self-management of their disease and provide motivation to the patient's family that the importance of family support for diabetes mellitus patients in dealing with their disease.

Keywords: Family Support, Self-efficacy, Self-management

Bibliography: 5 Books (2010-2020)

15 Journals (2011-2022)

5 Websites