

**HUBUNGAN *SELF EFFICACY* DENGAN PERILAKU PERAWATAN
KAKI PADA PENDERITA DIABETES MELITUS TIPE 2 DI UPT
PUSKESMAS CIPAMOKOLAN**

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ABSTRAK

Diabetes melitus dapat menimbulkan berbagai komplikasi, salah satunya adalah neuropatik diabetik dan menyebabkan sejumlah infeksi hingga kematian jaringan di kaki. Salah satu upaya yang dilakukan untuk mencegah terjadinya komplikasi neuropatik diabetik adalah dengan melakukan perawatan kaki. Perawatan kaki dapat dilakukan apabila seseorang memiliki *self efficacy*. Tujuan penelitian ini adalah untuk mengetahui hubungan *Self-Efficacy* dan perilaku *perawatan* kaki pada penderita DM Tipe 2. Metode penelitian ini menggunakan desain penelitian analitik korelatif dan pendekatan *cross sectional*. Populasi penelitian ini yaitu 315 Orang. Sampel yang diperoleh yaitu 76 reponden menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner DMSES untuk mengukur *self-efficacy* dan kuesioner NAFF untuk mengukur perilaku perawatan kaki. Analisis data menggunakan uji *Chi Square*. Hasil penelitian didapatkan sebanyak 44 (57,9%) memiliki *self efficacy* tinggi. Perawatan kaki 51 (67,1%) masuk kategori perawatan kaki baik. Terdapat hubungan *self efficacy* dengan perilaku perawatan kaki dengan hasil $p\text{-value} = 0,0001$. Sehingga semakin tinggi *self efficacy* maka semakin baik perawatan kaki pada pasien diabetes melitus.

Kata Kunci : Diabetes Melitus, *Self-Efficacy*, Perawatan kaki

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**THE RELATIONSHIP BETWEEN SELF EFFICACY AND FOOT CARE
BEHAVIOR IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT THE
CIPAMOKOLAN HEALTH CENTER**

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ABSTRACT

Diabetes mellitus can cause various complications, one of which is diabetic neuropathy and causes a number of infections to the death of tissues in the legs. One of the efforts made to prevent diabetic neuropathic complications is to take care of the feet. Foot care can be done if a person has self-efficacy. The purpose of this study is to determine the relationship between Self-Efficacy and foot care behavior in patients with Type 2 DM. This research method uses quantitative with a correlative analytical research design and a cross sectional approach. The population of this study is 315 people. The samples obtained were 76 respondents using the purposive sampling technique. Data were collected using the DMSES questionnaire to measure self-efficacy and the NAFF questionnaire to measure foot care behavior. Data analysis using the Chi Square test. The results of the study were obtained as many as 44 (57.9%) have high self-efficacy. Foot care 51 (67.1%) is in the category of good foot care. There was a relationship between self-efficacy and foot care behavior with a p-value = 0.0001 result. So that the higher the self-efficacy of eating, the better the foot care in diabetic mellitus patients.

Keywords: *Diabetes Mellitus, Self-Efficacy, foot care*

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