

**GAMBARAN *SELF CARE* PADA PASIEN DIABETES
MELITUS DI PUSKESMAS CINUNUK
KABUPATEN BANDUNG**

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ABSTRAK

Diabetes Melitus (DM) merupakan salah satu penyakit kronis dengan angka kejadian yang terus meningkat di dunia maupun di Indonesia. Ketidakmampuan dalam melakukan perawatan diri dapat menyebabkan berbagai komplikasi yang serius seperti neuropati, gagal ginjal, dan penyakit jantung. *Self care* sangat berperan penting dalam pengendalian penyakit Diabetes Melitus. Penelitian ini bertujuan untuk menggambarkan *self care* pada pasien Diabetes Melitus di Puskesmas Cinunuk. Metode penelitian ini menggunakan deskriptif kuantitatif dengan populasi 176, teknik *purposive sampling* jumlah sampel 123 responden. Instrumen yang digunakan adalah kuesioner *Summary of Diabetes Self Care Activities* (SDSCA). Hasil penelitian menunjukkan bahwa setengah responden memiliki kategori *self care* yang kurang, yakni sebanyak 62 responden (50,4%), dan 61 responden (49,6%) memiliki *self care baik*. Faktor yang memengaruhi *self care* kurang pada penelitian ini meliputi perawatan kaki yang tidak optimal, rendahnya aktivitas fisik, dan ketidakpatuhan dalam terapi farmakologis. Perawatan kaki yang jarang dilakukan, seperti memeriksa dan membersihkan kaki setiap hari, meningkatkan risiko luka dan infeksi. Rendahnya aktivitas fisik mengurangi efektivitas kerja insulin, sedangkan ketidakpatuhan konsumsi obat menghambat pengendalian kadar gula darah. Ketiga faktor ini saling berkontribusi terhadap rendahnya skor *self care* pada pasien Diabetes Melitus di Puskesmas Cinunuk.. Diperlukan intervensi berupa program edukasi perawatan kaki, senam diabetes terjadwal, dan program pengingat obat berbasis teknologi untuk meningkatkan *self care* pasien.

Kata Kunci : Diabetes Melitus, Puskesmas Cinunuk, *Self care*

Referensi : 6 Buku (2013-2023)
18 Jurnal (2019–2024)

OVERVIEW OF SELF CARE AMONG DIABETES MELLITUS PATIENTS AT CINUNUK PUBLIC HEALTH CENTER BANDUNG REGENCY

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ABSTRACT

Diabetes Mellitus (DM) is one of the chronic diseases with an increasing incidence both globally and in Indonesia. Inability to perform self-care can lead to serious complications such as neuropathy, kidney failure, and heart disease. Self-care plays a crucial role in the management of Diabetes Mellitus. This study aimed to describe self-care among Diabetes Mellitus patients at Cinunuk Public Health Center. The research employed a quantitative descriptive design with a population of 176 patients, from which 123 respondents were selected using purposive sampling. The instrument used was the Summary of Diabetes Self Care Activities (SDSCA) questionnaire. The results showed that half of the respondents had poor self-care, namely 62 respondents (50.4%), while 61 respondents (49.6%) had good self-care. Factors contributing to poor self-care included inadequate foot care, low levels of physical activity, and non-adherence to pharmacological therapy. Infrequent foot care, such as not checking and cleaning the feet daily, increases the risk of wounds and infections. Low physical activity reduces insulin effectiveness, while non-adherence to medication impedes blood glucose control. These three factors collectively contribute to low self-care scores among Diabetes Mellitus patients at Cinunuk Public Health Center. Interventions such as foot care education programs, scheduled diabetes exercise sessions, and technology-based medication reminder programs are needed to improve patient self-care.

Keywords : Diabetes Mellitus, Cinunuk Public Health Center, Self care

*References : 6 Books (2013–2023)
18 Journals (2019–2024)*