

Peran dukungan sosial sebagai mediator pada hubungan gejala depresi dan aktivitas perawatan diri pada pasien diabetes mellitus tipe 2 =
Social support as a mediator between depressive symptoms and self-care activities in adults patient with type 2 diabetes mellitus

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Abstrak

Penderita diabetes tipe 2 berisiko mengalami depresi yang secara negatif memengaruhi penurunan aktivitas perawatan diri. Bukti terbaru menunjukkan dukungan sosial bermanfaat dalam menurunkan risiko depresi dan meningkatkan aktivitas perawatan diri. Penelitian ini bertujuan untuk mengetahui efek mediasi dukungan sosial antara hubungan gejala depresi terhadap aktivitas perawatan diri penderita diabetes tipe 2 melalui pendekatan cross sectional pada 94 responden. Hasil analisis regresi linier berganda menunjukkan komplikasi penyakit diabetes tipe2 signifikan memengaruhi aktivitas perawatan diri ($p=0,000$; $R^2=0,515$). Hasil analisis jalur dan tes sobel menunjukkan bahwa dukungan sosial memediasi efek secara signifikan pada hubungan gejala depresi terhadap aktivitas perawatan diri ($z=-0,162 > t_{tabel} 1.96$; pengaruh langsung = $-0,499$; pengaruh tidak langsung = $-0,0789$; total efek = $40,3\%$). Skrining gejala depresi dan intervensi yang melibatkan dukungan sosial perlu dilakukan pada pasien diabetes tipe 2 yang dicurigai mengalami penurunan aktivitas perawatan diri. People with type 2 diabetes are at risk of experiencing depression which which affects in self-care activities. Recent evidence shows that social support is beneficial in reducing the risk of depression and positively affect the increase in self-care activities. This study aims to determine the mediating effect of social support on the relationship between depressive symptoms and self-care activities of people with type 2 diabetes through a cross sectional approach on 94 respondents. The results of multiple linear regression analysis showed that complications of type 2 diabetes significantly affects activities related to depression treatment ($p = 0,000$; $R^2 = 0.515$). The results of path analysis and the sobel test show that social support significantly mediates the effect of relationship between depressive symptoms and self-care activities ($z = -0,162 > table 1.96$; direct effect $-0,499$; indirect effect = $-0,0789$; total effect = $40, 3\%$). Screening for depressive symptoms and interventions which involves social support are strongly suggested for patients with type 2 diabetes who are suspected of showing decline in self-care activities.