Hubungan kualitas edukasi yang dilakukan perawat terhadap perilaku self-management pasien diabetes melitus tipe 2 = The correlation between the quality of nurse-led education with type 2 diabetes mellitus self-management behavior.

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Abstrak

Diabetes melitus tipe 2 merupakan penyakit metabolik kronik dengan komplikasi yang dapat menyebabkan disabilitas hingga kematian. Upaya pencegahan komplikasi diabetes yaitu menerapkan perilaku self-management. Penelitian ini bertujuan untuk mengidentifikasi korelasi antara kualitas edukasi yang dilakukan perawat terhadap perilaku self-management pasien diabetes melitus tipe 2. Data diperoleh dari 126 responden di Puskesmas Cimanggis, Tapos, Sukmajaya, dan Persadia Cabang Kota Depok dengan teknik purposive sampling. Instrumen penelitian yang digunakan telah diuji untuk mengukur Kualitas Edukasi yang Dilakukan Perawat dan self-management diabetes (SDSCA). Hasil analisis korelasi Pearson menunjukkan terdapat hubungan positif yang bermakna antara kualitas edukasi yang dilakukan perawat terhadap perilaku self-management pasien diabetes melitus tipe 2 (p=0,000). Hasil penelitian ini dapat dijadikan evaluasi bagi pelayanan keperawatan untuk meningkatkan kualitas edukasi dengan harapan meningkatkan self-management pasien diabetes melitus tipe 2.

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Type 2 diabetes mellitus is a long-life chronic metabolic disease with accompanying complications that could lead to disability or death. Diabetes self-management has been considered as an effort to reduce the complications. This study aimed to identify the correlation between the quality of nurse-led education with type 2 diabetes self-management behavior. A total of 126 subjects with T2DM were recruited from Puskesmas Cimanggis, Tapos, Sukmajaya, and Persadia Cabang Kota Depok with purposive sampling. Previously validated scales were used to measure the quality of nurse-led education and diabetes self-management (SDSCA). The result of Pearson Correlation analysis showed that there is significantly-positive correlation between nurse-led education with self-management of type 2 diabetes mellitus patients (p=0,000; r=0,436). The result of this research could be a suggestion for further nursing care to educate diabetician to improve their self-management.