

# Faktor Determinan Berbasis Health Belief Model Terhadap Aktivitas Perawatan Diri Olahraga Dan Pemantauan Gula Darah Mandiri Pasien Diabetes Melitus Tipe 2 Yang Menjalani Edukasi (Studi Mixed Methods) = Determinant Factors Based on Health Belief Model on Exercise and Self Monitoring Blood Glucose in Type 2 Diabetes Melitus Undergoing Education (Mixed Methods Study)

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## Abstrak

Latar Belakang: Diabetes melitus masih menyebabkan tingginya angka morbiditas dan mortalitas di seluruh dunia. Capaian kontrol glikemik masih merupakan masalah di Indonesia. Perilaku kesehatan pada DM tipe 2 yang tercermin dalam rutinitas aktivitas perawatan diri memegang peranan penting dalam keberhasilan terapi.

Tujuan: 1) Mengetahui rerata aktivitas perawatan diri pasien DM tipe 2 yang menjalani edukasi dan 2) Mengetahui gambaran faktor ancaman, manfaat, hambatan dan efikasi diri pasien DM tipe 2 yang menjalani edukasi dalam melakukan aktivitas fisik dan olahraga serta pemantauan gula darah mandiri (PGDM)

Metode: Penelitian ini merupakan studi potong lintang yang menggunakan pendekatan data mixed methods desain sekuensial eksplanatori. Penelitian kualitatif dilakukan dengan design fenomenologi, pengambilan data wawancara semi terstruktur dengan panduan health belief model. Analisis dilakukan dengan menggunakan thematic analysis.

Hasil: Olahraga dan PGDM (n=71) memiliki nilai median SDSCA paling rendah yaitu 1 dan 3.5 hari. Sebagian besar memiliki tingkat pengetahuan yang tinggi (73.2%), tingkat distress emosi sedang-tinggi (61%) serta HbA1c > 7% (75%). Wawancara olahraga (n=21) memberikan tema keyakinan tidak melakukan aktivitas fisik dan olahraga dapat memengaruhi kesehatan, aktivitas fisik dan olahraga memberikan manfaat pada kemampuan fisik, psikologis dan penampilan, hambatan dan stimulus dalam melakukan aktivitas fisik dan olahraga serta efikasi diri yang dapat memengaruhi rutinitas olahraga. Sedangkan wawancara PGDM (n=4) memberikan tema tidak melakukan PGDM akan memengaruhi kesehatan, PGDM memberikan manfaat bagi kesehatan dan kemudahan pengobatan, hambatan dan stimulus pasien dalam melakukan PGDM serta efikasi diri memengaruhi rutinitas PGDM.

Kesimpulan: Diperoleh gambaran keyakinan ancaman, manfaat, hambatan, stimulus serta efikasi diri dalam melakukan aktifitas fisik dan olahraga serta PGDM yang merupakan komponen aktifitas perawatan diri dengan nilai median hari yang paling rendah.

.....Introduction: Diabetes mellitus still cause high morbidity and mortality in the world. Glycemic control is still a challenge in Indonesia. Health behaviour in type 2 DM reflected by self-care activities play an important role in successful therapy.

Aim: 1) Knowing the value of self-care activities in type 2 DM patient undergoing education. 2) Knowing about the perceived threat, benefits, barriers and self-efficacy in type 2 DM patients undergoing education in performing exercise and self monitoring blood glucose.

Method: This is a cross sectional study using mixed methods explanatory sequential design approach. The qualitative phase of this study was a phenomenological study design and used semi-structured interview

based on health belief model. Analysis was done by thematic analysis.

Result: The first phase in this study involved 71 respondents. Self monitoring blood glucose (SMBG) and exercise had the lowest median SDSCA scores being 1 and 3.5 days, respectively. Most of them had a high level of knowledge (73.2%) with moderate to high levels of diabetes distress in 61% patients. There were 75% of patients with HbA1c levels > 7%. Qualitative research on exercise involved 21 respondents while SMBG involved 4 respondents. Five themes in exercise, namely not doing exercise can affect health, exercise provide benefits on physical, psychological and appearance, patient barriers and stimulus factors in performing exercise and self-efficacy can affect exercise. While five themes in SMBG include not doing SMBG can affect health, SMBG provides health benefits and ease of treatment, barriers, and stimulus factors for patients in doing SMBG and self-efficacy can affect SMBG.

Conclusion: We obtained a descriptive data on perceived threats, benefits, barriers, cues on action and self-efficacy in doing physical activity and exercise among diabetic patients, alongside SMBG activity which is a component of self-care with the lowest median number of days.