

# Hubungan Diabetes Self-Care Behaviour dengan Kontrol Glikemik Penyandang Diabetes Melitus Tipe 2 di Kota Bogor = The Relationship between Diabetes Self-Care Behaviour with Glycemic Control in Type 2 Diabetes Mellitus Patients in Bogor City

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## Abstrak

Latar belakang: Diabetes melitus tipe 2 (DMT2) disandang oleh 10,7 juta orang di Indonesia dan menjadi tiga besar penyakit tidak menular penyebab kematian. Sebagian besar kematian terjadi akibat komplikasi yang diawali oleh kontrol glikemik kadar HbA1c yang tidak adekuat, dan diasosiasikan dengan aspek multifaktorial seperti karakteristik sosiodemografi maupun perilaku individu dalam merawat diri—Self-Care Behaviour. Penelitian ini bertujuan mengetahui hubungan antara tingkat kontrol glikemik pada penyandang DMT2 dengan karakteristik sosiodemografi dan perilaku self-care yang dimiliki. Metode: Studi ini menggunakan desain potong-lintang terhadap data sekunder yang dikumpulkan sebelumnya pada Kohor Penyakit Tidak Menular Bogor 2021. Data dikumpulkan menggunakan kuesioner Self-Care Behaviour yang divalidasi dalam bahasa Indonesia, pengukuran kadar HbA1c serta karakteristik penyandang. Populasi studi adalah penyandang DMT2 di lima fasilitas kesehatan primer di Kota Bogor. Sampel dianalisis menggunakan uji Chi-Square dan perhitungan odds ratio. Hasil: Analisis dilakukan pada 237 responden, terdiri atas 90 responden kelompok usia lansia (38%) dan 147 dewasa (62%). Jenis kelamin responden didominasi perempuan sebanyak 171 responden (72,2%) dan 66 responden laki-laki (27,8%). Sebanyak 149 responden (62,9%) memiliki skor Self-Care Behaviour yang baik. Sejumlah 134 responden (56,6%) memiliki kadar HbA1c yang terkontrol. Empat dari tujuh komponen Self-Care Behaviour—pengetahuan, motivasi, dukungan, dan efikasi—berhubungan dengan kontrol glikemik ( $p < 0,001$ ). Efikasi menjadi prediktor kadar HbA1c terkontrol paling kuat (Odds ratio [OR]: 9,7; 95% Confidence Interval [CI] 5,27–17,67). Skor keseluruhan Self-Care Behaviour yang baik meningkatkan probabilitas kadar HbA1c terkontrol 9,1 kali (95% CI 4,94–16,7) dibanding skor kurang baik. Komponen komunikasi, sikap, dan pembiayaan tidak memiliki hubungan signifikan. Tingkat pendidikan dan riwayat DMT2 di keluarga berhubungan dengan tingkat keseluruhan Self-Care Behaviour dan dengan kontrol kadar HbA1c. Kesimpulan: Aspek perilaku self-care pada penyandang DMT2 mempunyai dampak substansial dan signifikan terhadap kontrol glikemik yang dimiliki penyandang.

.....Introduction: Type 2 diabetes mellitus (T2DM) affects 10.7 million individuals in Indonesia and ranks among the top three non-communicable diseases leading to death. Most of mortality result from complications initiated by inadequate glycemic control, associated with multifactorial aspects such as sociodemographic characteristics and individual self-care behaviour. This study aims to explore the relationship between glycemic control levels in individuals with T2DM and their sociodemographic characteristics and self-care behavior. Method: This study is a cross-sectional study utilizing previously collected secondary data from the Non-Communicable Disease Cohort in Bogor 2021 Data were collected using a validated Self-Care Behaviour questionnaire in Bahasa Indonesia, along with primary data of HbA1c levels and respondent socio-characteristics. The study population consisted of individuals with T2DM from five primary healthcare facilities in Bogor city. The samples were analyzed using Chi-Square test and risk

calculation. Result: The research analysis included 237 respondents, consisting of 90 elderly (38%) and 147 adults respondents (62%). The respondents were predominantly female, with 171 respondents (72.2%) compared to 66 male respondents (27.8%). A total of 149 respondents (62.9%) exhibited good Self-Care Behaviour scores. Approximately 134 respondents (56.6%) maintained controlled HbA1c levels. Four out of seven Self-Care Behaviour components—knowledge, motivation, support, and efficacy—were associated with glycemic control ( $p < 0.001$ ). Efficacy identified as the most influential predictor for controlled HbA1c levels (odds ratio [OR]: 9.7, 95% Confidence Interval [CI] 5.27–17.67). An overall good Self-Care Behaviour score is associated with a 9.1-fold increased probability of achieving controlled HbA1c levels (95% CI 4.94–16.7) compared to group with poor score. Self-Care Behaviour components of communication, attitude, and financing were not significantly associated. Education level and a family history of T2DM were associated with overall Self-Care Behaviour and with HbA1c control.