Analisis faktor yang berkontribusi terhadap self care diabetes pada klien diabetes melitus tipe 2 di Rumah Sakit Umum Tangerang

Kusniawati, author

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Abstrak

Self care diabetes merupakan hal penting dalam pengelolaan DM tipe 2. Faktor yang berkontribusi terhadap self care diabetes yaitu usia, jenis kelamin, sosial ekonomi, lama menderita DM, aspek emosional, motivasi/dorongan internal untuk melakukan self care diabetes, keyakinan terhadap efektifitas penatalaksanaan diabetes dan komunikasi petugas kesehatan. Penelitian ini bertujuan untuk mengidentifikasi faktor yang berkontribusi terhadap self care diabetes pada klien DM tipe 2 di RSU Tangerang. Desain penelitian cross sectional, jumlah sampel 100 responden, dengan teknik purposive sampling, pengumpulan data menggunakan kuesioner. Analisis statistik menggunakan koefisien korelasi Pearson, uji t independen dan regresi linier ganda.

Hasil penelitian menunjukkan bahwa dorongan internal untuk melakukan self care diabetes berkontribusi terhadap self care diabetes (p=0,001;=0,05), keyakinan terhadap efektifitas penatalaksanaan diabetes berkontribusi terhadap self care diabetes (p=0,014;=0,05) dan komunikasi petugas kesehatan berkontribusi terhadap self care diabetes (p=0,001;=0,05). Faktor paling dominan berkontribusi terhadap self care diabetes adalah komunikasi petugas kesehatan. Perlu dikembangkan edukasi diabetes yang terprogram dan peningkatan kompetensi perawat terkait dengan self care diabetes.

......Diabetes self care was essential in the management of type 2 diabetes. Factors that contribute to diabetes self care were age, gender, socioeconomic, duration of diabetes, emotional aspect, motivation/internal drive to perform diabetes self care, belief in the effectiveness of diabetes management and health care provider communication. This study aimed to identify factors that contribute to self care of diabetes in type 2 diabetes client in Tangerang hospital. Research design was cross sectional, sample size of 100 respondent with purposive sampling technique, data collection used questionnaire. Statistical analysis used for this study was Pearson correlation coefficient, independent t test and multiple linear regression.

The result showed that internal drive to perform diabetes self care was contribute to diabetes self care (p=0,001; =0,05), belief in the effectiveness of diabetes management was contribute to diabetes self care (p=0,014; =0,05) and health care provider communication was contribute to diabetes self care (p=0,001; =0,05). Health care provider communication was the most dominant factor contribute to diabetes self care. It was needed to develop health education programmed and nurse competence associated with diabetes self care.