

Hubungan Self Care dengan kualitas hidup pasien Diabetes Mellitus (DM) di Persatuan Diabetes Indonesia (PERSADIA) cabang Cimahi = The relationship between self care and patient's Diabetes Mellitus quality of life in Persatuan Diabetes Indonesia (PERSADIA) in Cimahi, West Java

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Abstrak

Kemampuan self-care merupakan hal penting dalam meningkatkan kualitas hidup pasien DM. Penelitian bertujuan mengidentifikasi hubungan self-care dengan kualitas hidup pasien DM. Rancangan penelitian cross sectional, melibatkan 125 anggota PERSADIA cabang Cimahi. Alat ukur self-care adalah Summary of Diabetes Self-Care Activities (SDSCA), Diabetes Quality Of Life (DQOL) dan Beck Depression Inventory II. Hasil penelitian menunjukkan hubungan self-care dengan kualitas hidup menjadi tidak bermakna (p value 0.164) setelah dipengaruhi oleh jenis kelamin (p value 0.006) dan depresi (p value 0.001). Peningkatan satu satuan self-care, akan meningkatkan kualitas hidup sebesar 6.1% setelah dikontrol oleh jenis kelamin dan depresi. Peningkatan self-care dapat dilakukan melalui pengembangan program edukasi yang terstruktur, meningkatkan kompetensi perawat dalam memberikan asuhan keperawatan pada pasien DM terkait aktivitas self-care, dan melakukan screening depresi terhadap pasien DM.

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Self care ability is important in improving patient's quality of life (QOL). Using cross sectional method, this research is designed to identify the relationship between self care and patient's QOL in PERSADIA Cimahi, West Java. A hundred twenty five PERSADIA members were recruited and examined using Summary of Diabetes Self-Care Activities (SDSCA), Diabetes Quality Of Life (DQOL) and Beck Depression Inventory II. The results showed no significant correlation between self care activity and QOL (p=0,164) as influenced by gender (p=0,006), depression (p=0,001). Increase of one unit self-care was likely to increase 6,1% QOL after controlling by gender and depression. Self care improvement can be performed through developing structured education, improving nurse's competency in diabetes care and need diabetes screening program for DM patients.