

# Hubungan tingkat stres psikologis dengan penyembuhan ulkus diabetikum pada pasien diabetes melitus di Siloam Hospitals = The correlation between psychological stress with diabetic ulcer to the diabetes mellitus patient at Siloam Hospitals

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20349947&lokasi=lokal>

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## Abstrak

Ulkus diabetikum merupakan salah satu komplikasi kronis diabetes melitus (DM). Tujuan penelitian ini untuk mengetahui hubungan stres dengan penyembuhan ulkus diabetikum dalam konteks asuhan keperawatan pada pasien DM di Siloam Hospitals. Stres dinilai dengan skala Depression Anxiety and Stress Scale 21 (DASS21). Penelitian ini menggunakan rancangan crosssectional study. Jumlah sampel penelitian 76 responden terdiri teknik pengambilan sampel yaitu consecutive sampling. Analisis statistik yang digunakan yaitu uji Chi Square dan regresi logistik ganda.

Hasil penelitian menunjukkan adanya hubungan yang bermakna antara lamanya riwayat DM ( $p=0,022$ ), adanya hubungan obesitas dengan penyembuhan ulkus diabetikum ( $p=0,036$ ), tidak ada hubungan stres dengan penyembuhan ulkus diabetikum ( $p=0,574$ ). Pasien perlu mendapat perawatan ulkus, pendidikan kesehatan, pemeriksaan kaki secara teratur, pasien harus mematuhi terhadap saran petugas kesehatan. Perlu dilakukan penelitian mengenai kenyamanan pasien dalam melakukan aktivitas sehari-hari dengan menggunakan sepatu atau sandal khusus ulkus diabetikum. Pada penelitian ini belum dilakukan hubungan albumin, Hb dengan penyembuhan ulkus diabetikum. Penelitian lanjutan hendaknya dilakukan dengan penambahan variabel tersebut.

.....Diabetic ulcer is one of chronic complications of Diabetes Mellitus. The purpose of this research is to understand about the relationship between stress with diabetic ulcer recuperation in nursing care of diabetes mellitus? patients context at Siloam Hospitals. Stress is valued by the Depression Anxiety and Stress Scale 21 (DASS21). This research use crosssectional study design. The member of research sample are 76 patients consist of removal sample namely consecutive sampling, statistic analysis was using both of uji chi square and multiple logistic regression.

The result of this research showed that there is a significant correlation between long diabetes mellitus history ( $p= 0,022$ ). There is a correlation between obesity with diabetic ulcer healing is  $p= 0,036$ , there is not the correlation between stress with diabetic ulcer is  $p=0,574$ . The patients needed the ulcer care, health education, feet investigation regularly and obey medicals? suggestion. In the other word, still need further research about pleasureable of patients to use both special shoes and slipper for diabetic ulcer in doing their daily activity. This research has not been conducted on the relationship of albumin, hemoglobin with diabetic ulcer healing. Further research should be done with the addition of these variables.