

Pengaruh terapi kelompok suportif dan pendidikan kesehatan terhadap kualitas hidup lansia yang mengalami diabetes melitus di Kecamatan Banda Raya kota Banda Aceh = The influence of supportive group therapy to quality of life in elderly with diabetes melitus in district Banda Raya Banda Aceh city

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Abstrak

Diabetes Melitus adalah salah satu penyakit kronis yang sering dialami oleh lanjut usia. Berbagai intervensi keperawatan yang dapat diberikan pada lansia dengan diabetes melitus salah satunya adalah terapi kelompok suportif dan pendidikan kesehatan. Tujuan penelitian mengetahui pengaruh terapi kelompok suportif dan pendidikan kesehatan terhadap kualitas hidup lansia yang mengalami diabetes melitus. Desain penelitian yang digunakan adalah quasi experimental. Responden penelitian terdiri 39 lansia mendapat terapi kelompok suportif dan pendidikan kesehatan dan 39 mendapat pendidikan kesehatan. Alat ukur yang digunakan kuesioner WHOQOL-Bref. Analisis menggunakan uji Paired t-test dan Independent t-test. Hasil penelitian menunjukkan ada perbedaan signifikan kualitas hidup dimensi fisik, psikologis, hubungan sosial dan lingkungan sebelum dan setelah mendapat terapi kelompok suportif dan pendidikan kesehatan (p value $<0,05$). Penelitian ini diharapkan menggunakan terapi kelompok suportif sebagai terapi lanjutan dalam praktik keperawatan jiwa sebagai upaya meningkatkan kualitas hidup lansia yang mengalami diabetes melitus.

.....Diabetes mellitus was one of the chronic diseases that are often experienced by the elderly. One of the nursing interventions that can be given to elderly with diabetes mellitus was supportive group therapy and health education. The purpose of this research was to determined the influence of supportive group therapy and health education to the quality of life of elderly with diabetes mellitus. The design of this research was using quasi experimental. The subjects of this research was consisted 39 elderly group who received both of the supportive therapy and the health education and 39 elderly who received only health education. Instruments were measured by WHOQOL-Bref. Data were analyzed using paired t-test and independent t-test.

The results of this research depicted that there were differences significantly in quality of life both physical, psychological, social relationships and environment before and after the group received supportive therapy and health education (p value $<0,05$). The findings of research was expected to used group therapy as a continued therapy in advanced practice psychiatric nursing as an effort to improve the quality of life on the elderly with diabetes mellitus.