

## Efikasi diri sebagai prediktor bagi peningkatan perilaku manajemen diri penyandang diabetes melitus tipe 2 = Self efficacy as predictor for enhancement of self management behavior of people with type 2 diabetes mellitus

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20389956&lokasi=lokal>

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### Abstrak

Blood glucose controlling and preventing complications of Diabetes Mellitus can only be achieved through every day implementation of self-management behaviors that include meals (diet) planning, physical exercise, (medication) therapy, blood glucose monitoring, and foot care. In reality, self-management behaviors are not done routinely every day. One factor that can be a predictor is self-efficacy. The purpose of this research is to identify the relationship between self-efficacy and self-management behaviors of people with type 2 Diabetes Mellitus.

**Method:** A cross-sectional research design was used in this study, and 112 persons with type 2 Diabetes Mellitus were recruited. The questionnaire used in this study is The Diabetes Management Self Efficacy Scale (DMSES), Summary Diabetes Self Care Activity (SDSCA), and Diabetes Knowledge (DKN) Scale.

**Result:** The results show the significant relationship between self-efficacy and self-management behaviors ( $p$  value  $< 0.001$ ). People with type 2 Diabetes Mellitus with high self-efficacy can increase their self-management behavior.

**Conclusion:** Therefore, nurses need to improve self-efficacy of people with type 2 Diabetes Mellitus by providing education about the management of Diabetes Mellitus, as well as supporting and motivating them.