

## Pengalaman manajemen diri lansia dengan diabetes melitus di Kota Depok = Older person s experience of self management in diabetes mellitus at Depok

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### Abstrak

[Peningkatan jumlah lansia berkontribusi pada peningkatan penyakit degeneratif kronis seperti diabetes melitus yang memerlukan penatalaksanaan manajemen diri. Penelitian bertujuan untuk mengetahui arti dan makna pengalaman manajemen diri lansia dengan diabetes melitus di Kota Depok. Penelitian menggunakan metode kualitatif fenomenologi deskriptif dengan wawancara mendalam pada sembilan partisipan, Hasil wawancara dianalisis menggunakan metode Colaizzi. Penelitian mengidentifikasi 11 tema yaitu mengenali gejala awal, pengetahuan tentang diabetes melitus, upaya terhadap respon pada perubahan kadar gula darah, perawatan diri, faktor pendukung perawatan diri, faktor penghambat perawatan diri, dampak diabetes melitus, upaya mengelola dampak diabetes melitus, perubahan aktivitas, dukungan keluarga yang dirasakan, dan kualitas hidup lebih baik.

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### <b>ABSTRACT</b><br>

Increasing number of older adult population have contributed to chronic degenerative disease such as diabetes mellitus that require self management. The aim of research were explored self management experienced of older adult with diabetes mellitus in Depok. This research used descriptive phenomenology by indepth interview to nine participants. Data were transcribed and analyzed using Collaizi?s method. It identified 11 themes, consist of knowing of early symptoms, knowledge of diabetes mellitus, responds of symptoms, self care, support factor of self care, barrier factor of self care, impact of diabetes mellitus, managing the impact of diabetes mellitus, activities changing, family support, and better quality of life.;Increasing number of older adult population have contributed to chronic degenerative disease such as diabetes mellitus that require self management. The aim of research were explored self management experienced of older adult with diabetes mellitus in Depok. This research used descriptive phenomenology by indepth interview to nine participants. Data were transcribed and analyzed using Collaizi?s method. It identified 11 themes, consist of knowing of early symptoms, knowledge of diabetes mellitus, responds of symptoms, self care, support factor of self care, barrier factor of self care, impact of diabetes mellitus, managing the impact of diabetes mellitus, activities changing, family support, and better quality of life.;Increasing number of older adult population have contributed to chronic degenerative disease such as diabetes mellitus that require self management. The

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