

Hubungan motivasi melakukan smbg dengan diabetes self management pada pasien diabetes melitus tipe 2 = the relationship between motivation to perform smbg and diabetes self management in patients with type 2 diabetes mellitus

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Abstrak

ABSTRAK

Kontrol glukosa darah dapat dipertahankan melalui perawatan mandiri. Motivasi melakukan self monitoring blood glucose (SMBG) yang baik dapat meningkatkan diabetes self management pada pasien diabetes melitus tipe 2.

Tujuan penelitian ini adalah untuk mengetahui hubungan motivasi melakukan SMBG dengan diabetes self management pada pasien diabetes melitus tipe 2.

Penelitian ini menggunakan metode kuantitatif observasional analitik dengan pendekatan crosssectional, melibatkan 96 pasien. Alat ukur yang digunakan berupa kuesioner karakteristik responden, Treatment Self Regulation Questionare, Diabetes Self Management Questionare, Diabetes Knowledge Scale.

Hasil penelitian menunjukkan terdapat hubungan yang bermakna antara motivasi melakukan SMBG dengan diabetes self management ($p = 0,001$). Hasil analisis regresi logistik menunjukkan motivasi melakukan SMBG berhubungan dengan diabetes self management setelah dikontrol variabel pengetahuan.

Kesimpulan diperlukan perhatian khusus dari perawat untuk meningkatkan motivasi melakukan SMBG pada pasien diabetes melitus tipe 2 dalam self care management.

<i>ABSTRACT</i>

Glycemic control could be maintained through diabetes self-management. Motivation to perform self-monitoring blood glucose (SMBG) could improve diabetes self-management in type 2 diabetes mellitus patients.

The purpose of this study was to explore the relationship between motivation to perform SMBG and diabetes self-management in patients with type 2 diabetes mellitus.

This study applied quantitative method with a cross sectional approach, involving 96 patients. The Instruments used were questionnaires for respondent characteristics, Treatment Self-Regulation Questionnaires, Diabetes Self Management Questionnaire and Diabetes Knowledge Scale.

The results show that there was a significant relationship between motivation to perform SMBG and diabetes selfmanagement ($p = 0,001$). Results of logistic regression analysis shows that motivation to perform SMBG is associated with diabetes self-management after controlled by knowledge variable.

In conclusion it is a necessarily for nurses to provide attention to increase motivation to perform SMBG in patients with type 2 diabetes mellitus as part of self care management.</i>