

Hubungan aktivitas fisik, self-care diabetic, dan distress diabetic dengan kualitas hidup diabetisi tipe 2 di Kecamatan Kalideres Jakarta Barat = relationship of physical activity, self-care diabetic, and diabetic distress with quality of life of type 2 diabetisi in Kalideres, Jakarta

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Abstrak

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik, self-care diabetic, dan distress diabetic dengan kualitas hidup diabetisi tipe 2 di Kecamatan Kalideres Jakarta Barat. Penelitian menggunakan metode cross sectional, dengan jumlah sampel 333 diabetisi tipe 2. Teknik pengambilan sample dilakukan secara probability sampling dengan teknik proporsi sampling dan metode random sampling. Sample penelitian ini adalah berusia lebih dari 45 tahun yang mengalami diabetes melitus tipe 2 dan tinggal di tengah masyarakat serta dapat membaca dan menulis dan tidak mengalami amputasi yang mengganggu mobilitas. Analisis bivariat menggunakan uji Anova, Uji pearson corelation, dan Uji t independen. Hasil penelitian menunjukkan ada hubungan aktivitas fisik, self-care diabetic, dan distress diabetic dengan kualitas hidup lansia yang mengalami diabetes melitus tipe 2 di masyarakat p

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**ABSTRACT**

This study to determine the relationship of physical activity, self care diabetic, and diabetic distress with the quality of life of people with type 2 diabetes in Kalideres Sub district, West Jakarta. The research used cross sectional method, with 333 samples of people with type 2 diabetes. Sampling technique was done by probability sampling with technique of proportion of sampling and random sampling method. The sample of this study is over 45 years old who have type 2 diabetes mellitus and live in the community and can read and write and do not experience amputations that interfere with mobility. Bivariate analysis using Anova test, Pearson correlation test, and independent t test. The results showed that there was an association of physical activity, self care diabetic, and diabetic distress with the quality of life of elderly with type 2 diabetes mellitus in society p