

ABSTRAK

HUBUNGAN PENERIMAAN DIRI DAN DUKUNGAN TEMAN DENGAN EFIKASI DIRI UNTUK MELAKUKAN PERAWATAN DIRI PADA PENDERITA DIABETES MELITUS (DM) TIPE 2 DI WILAYAH KERJA PUSKESMAS I SUMBANG

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Latar Belakang: Perawatan diri merupakan salah satu strategi dalam pengelolaan diabetes. Dalam pelaksanaannya diperlukan kemauan yang kuat dari dalam individu atau biasa disebut efikasi diri. Efikasi diri dipengaruhi oleh beberapa faktor diantaranya kondisi psikologis dan persuasi sosial. Kondisi psikologis berkaitan dengan penerimaan diri penderita terhadap penyakit, sementara persuasi sosial berkaitan dengan bentuk partisipasi dukungan dari orang di lingkungan sekitar penderita.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan penerimaan diri dan dukungan teman dengan efikasi diri untuk melakukan perawatan diri DM.

Metodologi: Penelitian ini termasuk deskriptif korelatif dengan desain *cross sectional*. Responden penelitian ini yakni penderita DM sebanyak 48 responden menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah kuesioner DMSES (*Diabetes Management Self Efficacy Scale*), kuesioner dukungan teman, kuesioner penerimaan diri. Analisis data menggunakan uji *Pearson*.

Hasil Penelitian: Hasil penelitian menunjukkan nilai rata-rata usia responden yakni 57,00 tahun, 77,1% berjenis kelamin perempuan, 64,6% merupakan tamatan SD, 83,3% berstatus menikah, 54,2% lama menderita durasi 1-5 tahun. Taraf penerimaan diri (68,73%), dukungan teman (85,73%), efikasi diri (83,3%) termasuk tinggi. Hasil uji korelasi *Pearson* menunjukkan terdapat hubungan yang signifikan antara penerimaan diri ($p=0,010$; $r=-0,368$) dan dukungan teman ($p=0,000$; $r=0,601$) dengan efikasi diri untuk melakukan perawatan diri DM.

Kesimpulan: Ada hubungan yang signifikan antara penerimaan diri dan dukungan teman dengan efikasi diri untuk melakukan perawatan diri DM.

Kata Kunci: Dukungan teman, efikasi diri, penerimaan diri, perawatan diri DM

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ABSTRACT

Correlation between Self-Acceptance and Peer Support with Self-Efficacy among Type 2 Diabetes Mellitus (DM) Patients undergoing Self-Care At Work Area Of Sumbang I Public Health Center

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Background: Self-care is one of the strategies used in managing diabetes. Its implementation requires a strong will on the part of the individual known as self-efficacy. This self-efficacy is affected by factors such as psychological and social persuasion. Psychological conditions explains the patient's self-acceptance of the disease, while social persuasion has to do with the participation support from people around the patient.

Objective: The aim of this study was to determine the correlation between self-acceptance and peer support with self-efficacy among the DM patients undergoing self-care.

Method: The descriptive correlative with cross sectional design was a method used in this study. This involved 48 DM patients selected through purposive sampling technique. The instruments used include Diabetes Management Self Efficacy Scale (DMSES), peer support and self-acceptance questionnaires. These were subjected to the Pearson test.

Results: Based on the results, the average age of respondents was 57.00 years. Also, 77.1% of patients were female, 64.6% were graduate from elementary school (SD), 83.3% were married, 54.2% had the disease for a duration of 1-5 years. In addition, the level of self-acceptance was 68.73%, peer support 85.73%, self-efficacy 83.3%, which were all high. Furthermore, the Pearson correlation test showed a significant relationship between self-acceptance ($p = 0.010$; $r = -0.368$) and peer support ($p = 0.000$; $r = 0.601$) with self-efficacy among the DM patients undergoing self-care.

Conclusion: There is a significant correlation between self-acceptance and peer support with self-efficacy among DM patients undergoing self-care.

Keywords: peer support, self efficacy, self acceptance, self care DM

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