

Hubungan Religiusitas terhadap Perawatan Diri untuk Pengendalian Diabetes Melitus pada Pasien Diabetes Melitus Tipe 2 di Kecamatan Sumbang Banyumas

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ABSTRAK

Latar Belakang : Diabetes melitus (DM) masih menjadi salah satu masalah kesehatan besar di dunia dan dapat menyebabkan berbagai komplikasi sehingga membutuhkan manajemen diabetes. Religiusitas dapat menimbulkan kesejahteraan psikologis dan membantu pasien DM mengatasi berbagai masalah yang berpotensi muncul melalui perawatan diri. Tujuan penelitian ini adalah mengetahui hubungan religiusitas dan perawatan diri terhadap kadar HbA1c pasien diabetes melitus tipe 2 di Kecamatan Sumbang, Banyumas. **Metode :** Penelitian ini bersifat observatif analitik dengan pendekatan *cross-sectional*. Sampel diambil menggunakan teknik total sampling berjumlah 65 pasien DM tipe 2 di Puskesmas Sumbang 1 dan 2. Data religiusitas dan perawatan diri diambil menggunakan kuesioner CRS-15 dan DSMQ. HbA1c diukur menggunakan metode *boronate affinity*. Data diuji menggunakan aplikasi SPSS dengan uji *Kolmogorov Smirnov* dan *Spearman*. **Hasil :** Tingkat religiusitas tinggi 44 (75.9%) dan sedang 14 (24.1%). Tingkat perawatan diri baik 55 (94.8%), cukup 2 (3.4%), dan kurang 1 (1.7%). Kadar HbA1c tidak mencapai target 44 (75.7%) dan mencapai target 14 (24.1%). Religiusitas dan perawatan diri diuji menggunakan uji *Kolmogorov Smirnov* didapatkan *Sig.* 0.195, kemudian dengan uji *Spearman* didapatkan nilai *Asymp Sig.* 0.226. Hubungan perawatan diri dengan pengendalian DM diuji menggunakan *Kolmogorov Smirnov* didapatkan *Sig.* 0.200, kemudian uji *Spearman* didapatkan nilai *Asymp Sig.* 0.336. **Kesimpulan :** Tidak ada hubungan antara religiusitas dan perawatan diri. Tidak ada hubungan antara perawatan diri dan kadar HbA1c.

Kata kunci : Diabetes melitus, perawatan diri, pengendalian diabetes melitus, religiusitas.

**Correlation of Religiosity to Self-Care for Diabetes Mellitus Control in Type 2
Diabetes Mellitus Patients in Sumbang, Banyumas**

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ABSTRACT

Background : *Diabetes mellitus (DM) was still a major health problem in the world and could cause various complications that require diabetes management. Religiosity could lead to psychological well-being and help DM patients overcome various potential problems through self-care. The purpose of this study was to determine the relationship between religiosity and self-care on HbA1c levels in type 2 diabetes mellitus patients in Sumbang District, Banyumas. Methods:* This research was an analytic observation with a cross-sectional approach. Sample was taken using a total sampling technique totaling 65 type 2 DM patients at Sumbang 1 and 2 Health Centers. Religiosity and self-care data were taken using the CRS-15 and DSMQ questionnaires. HbA1c levels were measured using the borronate affinity method. The data was tested using the SPSS application with Kolmogorov Smirnov and Spearman tests. **Results:** *The level of religiosity were 44 (75.9%) high and 14 (24.1%) moderate. The level of self-care were 55 (94.8%) good, 2 (3.4%) enough, and 1 (1.7%) less. HbA1c measured were 44 (75.7%) patients did not reach the target and 14 (24.1%) patients reached the target. Religiosity and self-care data were tested using the Kolmogorov Smirnov resulted Sig. 0.195, then using Spearman test obtained Asymp Sig. 0.226. Relationship between self-care and DM control was measured using Kolmogorov Smirnov obtained Sig. 0.200 and using Spearman test obtained Asymp Sig. 0.336. Conclusion :* *There is no relationship between religiosity and self-care. There is no relationship between self-care and HbA1c levels.*

Key words : *Diabetes mellitus, diabetes mellitus control, , religiosity, self-care.*