

Hubungan *Self Management* Pasien Diabetes Melitus Tipe 2 dengan Kadar HbA1c pada Fasilitas Kesehatan Tingkat Pertama (FKTP) Klinik Tanjung Purwokerto

ABSTRAK

Latar Belakang: Prevalensi diabetes di dunia meningkat 4 kali lipat sejak tahun 1980-2015 sebanyak 415 juta jiwa. Bertumbuhnya penyakit metabolik mengharuskan manajemen diri atau *self management* pasien diabetes baik untuk meningkatkan kualitas kesehatan. HbA1c merupakan salah satu parameter diagnosis serta mengukur kadar gula darah pasien diabetes yang direkomendasikan.

Tujuan: Untuk mengetahui hubungan *self management* pasien diabetes melitus tipe 2 dengan kadar HbA1c pada fasilitas kesehatan tingkat pertama klinik Tanjung Purwokerto.

Metode: Rancangan penelitian menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini merupakan pasien penderita diabetes melitus tipe 2 di FKTP Klinik Tanjung Purwokerto dengan metode pengambilan sampel berupa rumus analisis kategorik tidak berpasangan dengan besar sampel 97 responden. *Self Management* diukur menggunakan kuesioner *Diabetes Self-Management Questionnaire* (DSMQ) dan pengukuran HbA1c dilakukan dengan metode *immunoassay* dengan pengambilan darah vena sebanyak 3cc.

Hasil: Hasil penelitian dengan uji alternatif *Kolmogorov-Smirnov* menunjukkan nilai $p=0.338$ dengan *self management* baik (80.40%), *self management* sedang (19.60%) serta kadar HbA1c kadar baik (3.10%), kadar HbA1c kadar sedang (26.80%), kadar HbA1c kadar buruk (70.10%).

Kesimpulan: Tidak terdapat hubungan antara *self-management* pasien diabetes melitus tipe 2 dengan kadar HbA1c pada fasilitas kesehatan tingkat pertama klinik Tanjung Purwokerto.

Kata Kunci: Diabetes Melitus Tipe 2, HbA1c, *Self-management*.

***Relationship Between Self Management of Type 2 Diabetes Mellitus With
HbA1c Levels at First Level Health Care Facility (FKTP) in Tanjung
Purwokerto Clinic***

ABSTRACT

Background: *The prevalence of diabetes in the world has increased 4-fold since 1980-2015 as many as 415 million people. The growth of metabolic diseases requires self-management or self-management of diabetic patients both to improve the quality of health. HbA1c is one of the parameters of the diagnosis as well as measuring the recommended blood sugar levels of diabetic patients.*

Aim: *To determine the relationship between self-management of type 2 diabetes mellitus patients with HbA1c levels at first level health care facility in Tanjung Purwokerto Clinic.*

Methods: *The study design used a cross-sectional approach. The population in this study were patients with type 2 diabetes mellitus in Tanjung Purwokerto Clinic with the sampling method in the form of unpaired categorical analysis formula with a sample size of 97 respondents. Self Management was measured using the Diabetes Self-Management Questionnaire (DSMQ) questionnaire and HbA1c measurements were performed using the immunoassay method with 3cc venous blood collection.*

Results: *The results of the study with alternative test Kolmogorov-Smirnov showed $p = 0.338$ with good self-management (80.40%), self-management (19.60%) and good rate of HbA1c (3.10%), moderate HbA1c content (26.80%), HbA1c bad rate (70.10%).*

Conclusion: *There is no relationship between self-management of type 2 diabetes mellitus with HbA1c levels at first level health care facility in Tanjung Purwokerto Clinic.*

Keywords: *HbA1c, Self-Management, Type 2 Diabetes Mellitus.*