

HUBUNGAN SELF MANAGEMENT DIABETES MELITUS (SMDM) DENGAN OBESITAS PADA PASIEN DIABETES MELITUS TIPE 2 DI KECAMATAN SUMBANG, KABUPATEN BANYUMAS

ABSTRAK

Latar Belakang – Diabetes Melitus tipe 2 (DMT2) adalah penyakit kronis yang ditandai dengan peningkatan glukosa darah, dengan obesitas sebagai salah satu faktor utama penyebabnya. Pengelolaan DMT2 melalui *self management diabetes melitus* (SMD) penting untuk menjaga kadar glukosa darah tetap normal dan mencegah komplikasi. Namun, efektivitas SMDM sering terhambat oleh tingkat kepatuhan pasien.

Tujuan – Mengetahui hubungan SMDM dengan obesitas pada pasien DMT2 di Kecamatan Sumbang, Kabupaten Banyumas.

Metode – Penelitian observasional analitik dengan desain *cross sectional* yang dipilih secara *purposive sampling* dengan total sebanyak 55. Kriteria inklusi penelitian ini pasien DMT2 berusia >35 tahun yang didiagnosis oleh dokter di Puskesmas Sumbang 1, Puskesmas Sumbang 2, dan DPP Dwi Arini Ernawati, dengan lama menderita DMT2 minimal 6 bulan, kooperatif, mampu berkomunikasi dengan baik, bersedia menjadi responden, tinggal di Kecamatan Sumbang, dan merupakan anggota prolansis, kriteria eksklusi penelitian ini pasien terkena penyakit neuropsikiatri atau gangguan kognitif berat yang dapat memicu *bias recalling*, serta pasien yang mengalami penurunan kesadaran. Analisis data dilakukan menggunakan uji *Mann-Whitney*.

Hasil – Responden dalam penelitian ini berjumlah 55 orang. Hasil penelitian menunjukkan responden dengan tingkat SMDM kurang 5 orang (9,1%), cukup 35 orang (63,6%), dan baik 15 orang (27,3%). Responden dengan obesitas 23 orang (41,8%) dan tidak terjadi obesitas 32 orang (58,2%). Hasil analisis menunjukkan nilai 0,422 ($p > 0,05$) sehingga tidak ada hubungan yang signifikan.

Kesimpulan – Tidak terdapat hubungan antara SMDM dengan obesitas pada pasien DMT2 di Kecamatan Sumbang, Kabupaten Banyumas.

Kata Kunci: DMT2, Obesitas, SMDM, Sumbang

Association Between Diabetes Mellitus Self-Management and Obesity Incidence in Patients with Type 2 Diabetes in Sumbang Subdistrict, Banyumas Regency

ABSTRACT

Background – Type 2 diabetes mellitus (T2DM) is a chronic disease characterized which leads to elevated blood glucose levels, with obesity being a significant contributing factor. Effective management of T2DM through self-management of diabetes mellitus (SMDM) has been crucial for maintaining normal blood glucose levels and preventing complications. However, the effectiveness of SMDM has often been hindered by varying levels of patient compliance.

Objective - To determine the relationship between self-management of diabetes mellitus (SMDM) and the incidence of obesity in patients with type 2 diabetes mellitus (T2DM) in Sumbang Subdistrict, Banyumas Regency.

Methods - Analytical observational research with a cross sectional design selected by purposive sampling with a total of 55. The inclusion criteria for this study were T2DM patients aged >35 years diagnosed by doctors at Sumbang Puskesmas 1, Sumbang Puskesmas 2, and DPP Dwi Arini Ernawati, with a duration of T2DM of at least 6 months, cooperative, able to communicate well, willing to become respondents, living in Sumbang District, and are members of prolanis, the exclusion criteria for this study were patients affected by neuropsychiatric diseases or severe cognitive impairment that could trigger recall bias, as well as patients who experienced a decrease in consciousness. Data analysis was performed using the Mann-Whitney test.

Results - A total of 55 respondents participate in this study. The findings indicate that the respondents' self-management of diabetes mellitus (SMDM) levels are categorized as follows: less than 5 individuals (9.1%) exhibit a poor level, 35 individuals (63.6%) demonstrate an adequate level, and 15 individuals (27.3%) show a good level. Among the respondents, 23 individuals (41.8%) are classified as obese, while 32 individuals (58.2%) are not obese. The results of the analysis showed a value of 0.422 ($p > 0.05$) so there was no significant association.

Conclusion - This study finds no association between SMDM and the incidence of obesity in patients with T2DM in Sumbang Sub-district, Banyumas Regency.

Keyword : DMT2, Obesity, SMDM, Sumbang