

Abstrak

HUBUNGAN *SELF-EFFICACY* DAN *SELF-AWARENESS* DENGAN PERILAKU PENCEGAHAN DIABETES PADA MAHASISWA BERISIKO DI FIKES UNSOED

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Latar Belakang: DM tipe 2 merupakan salah satu masalah kesehatan global dengan prevalensi yang terus meningkat, termasuk di Indonesia. Banyak penelitian yang menyebutkan diabetes dapat dicegah dengan melakukan pencegahan yang aktif bagi individu yang berisiko. Namun, perilaku pencegahan masih rendah, termasuk dikalangan mahasiswa.

Tujuan: Mengetahui hubungan *self-efficacy* dan *self-awareness* dengan perilaku pencegahan diabetes pada mahasiswa berisiko di Fikes Unsoed.

Metodologi: Penelitian korelasi kuantitatif dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan teknik *total sampling* berjumlah 95 responden. Pengambilan data menggunakan kuesioner *google form*. Analisis data yang digunakan yaitu uji *Chi Square* untuk analisis hubungan karakteristik responden dan perilaku pencegahan, *Pearson Product Moment* untuk analisis hubungan *self-efficacy* dan perilaku pencegahan, dan *Rank Spearman* untuk analisis hubungan *self-awareness* dan perilaku pencegahan.

Hasil Penelitian: Hasil penelitian menunjukkan mayoritas responden memiliki *self-efficacy* rendah, *self-awareness* tinggi, dan perilaku pencegahan kurang. Pada uji normalitas data didapat *self-efficacy* sig 0,147 ($> 0,05$), *self-awareness* sig $< 0,001$ ($< 0,05$), dan perilaku pencegahan sig 0,186 ($> 0,05$). Pada uji analisis hubungan didapat ada hubungan yang signifikan antara *self-efficacy* p 0,018 ($< 0,05$); $r = 0,242$ dan jenis kelamin p 0,030 ($< 0,05$) dengan perilaku pencegahan, namun tidak ada hubungan yang signifikan antara *self-awareness* dan perilaku pencegahan dengan p value = 0,064 ($> 0,05$); $r = 0,191$.

Kesimpulan: Ada hubungan yang signifikan antara *self-efficacy* dan jenis kelamin dengan perilaku pencegahan diabetes. Tidak ada hubungan yang signifikan antara *self-awareness* dengan perilaku pencegahan diabetes.

Kata Kunci: Diabetes, Perilaku Pencegahan, *Self-awareness*, *Self-efficacy*

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Abstract

THE RELATIONSHIP BETWEEN *SELF-EFFICACY* AND *SELF-AWARENESS* WITH DIABETES PREVENTION BEHAVIOR AMONG AT-RISK STUDENTS AT FIKES UNSOED

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Background: Type 2 Diabetes is a global health issue with a rising prevalence, including in Indonesia. Many studies suggest that diabetes can be prevented through active prevention, especially for individuals at risk. Despite this, prevention behaviors remain low, particularly among students.

Objective: To examine the relationship between self-efficacy and self-awareness with diabetes prevention behavior in at-risk students at Fikes Unsoed.

Methodology: A quantitative correlational study with an analytical cross-sectional approach. The sampling technique used was total sampling, with 95 respondents. Data was collected using a Google Form questionnaire. Data analysis were conducted using Chi-Square test to analyze the relationship between respondent characteristics and preventive behavior, Pearson's product-moment to analyze the relationship between self-efficacy and preventive behavior, and Spearman Rank to analyze the relationship between self-awareness and preventive behavior.

Results: The research results show that the majority of respondents have low self-efficacy, high self-awareness, and poor preventive behavior. The normality test showed that self-efficacy had a significance of 0,147 ($> 0,05$), self-awareness had a significance of $<0,001$ ($< 0,05$), and preventive behavior had a significance of 0,186 ($> 0,05$). The analysis revealed a significant relationship between self-efficacy p 0,018 ($< 0,05$); $r = 0,242$ and gender p 0,030 ($< 0,05$) with prevention behavior. However, no significant relationship was found between self-awareness and prevention behavior, with a p -value of 0.064 (>0.05); $r = 0,191$.

Conclusion: There is a significant relationship between self-efficacy and gender with diabetes prevention. There is no significant relationship between self-awareness and diabetes prevention.

Keywords: Diabetes, Prevention Behavior, Self-awareness, Self-efficacy

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