

ANALISIS HUBUNGAN PERILAKU *SELF MANAGEMENT* DENGAN *SUSPECT DIABETIC PERIPHERAL NEUROPATHY* PADA PASIEN DIABETES MELITUS TIPE 2 DI KECAMATAN SUMBANG BANYUMAS

ABSTRAK

Latar belakang: Salah satu komplikasi Diabetes Melitus (DM) tipe 2 yang paling umum adalah neuropati perifer. Pencegahan neuropati perifer secara umum dapat dilakukan dengan pengendalian glukosa darah. *Self Management Diabetes Mellitus* adalah upaya yang dapat dilakukan untuk mengendalikan glukosa darah, sehingga penerapan yang tidak patuh dapat mempengaruhi terjadinya komplikasi neuropati perifer.

Tujuan: Untuk mengetahui hubungan antara perilaku *self management* dengan *suspect diabetic peripheral neuropathy* pada pasien diabetes melitus tipe 2 di Kecamatan Sumbang Banyumas.

Metode: Penelitian analitik observasional dengan pendekatan *cross-sectional*. Sampel pada penelitian ini sebanyak 55 responden yang diambil dengan metode *purposive sampling*. Tingkat *self management* pasien DM tipe 2 ditentukan menggunakan kuesioner *Diabetes Self Management Questionnaire* (DSMQ). *Suspect Diabetic peripheral neuropathy* dievaluasi menggunakan kuesioner *Diabetic Neuropathy Symptom* (DNS).

Hasil: Jumlah pasien DM tipe 2 dengan perilaku *self management* baik yang memiliki *suspect Diabetic Peripheral Neuropathy* (DPN) positif sebanyak 39 (70,9%) dan hanya 7 pasien (12,7%) dengan perilaku *self management* baik yang memiliki *suspect* DPN negatif, sedangkan pasien DM tipe 2 dengan perilaku *self management* buruk yang memiliki DPN positif sebanyak 6 (10,9%) dan hanya 3 pasien (5,5%) dengan perilaku *self management* buruk yang memiliki *suspect* DPN negatif. Hasil uji *Chi-Square* menunjukkan tidak ada hubungan yang signifikan antara perilaku *self management* dengan *suspect diabetic peripheral neuropathy* dengan *p-value* = 0,0198 ($p < 0,05$).

Kesimpulan: Tidak terdapat hubungan antara perilaku *Self management* dengan *suspect diabetic peripheral neuropathy* pada pasien DM tipe 2 di Kecamatan Sumbang Banyumas.

Kata Kunci: DM tipe 2, perilaku *self management*, *suspect diabetic peripheral neuropathy*.

**ANALYSIS OF THE RELATIONSHIP BETWEEN SELF MANAGEMENT
BEHAVIOR AND SUSPECTED DIABETIC PERIPHERAL NEUROPATHY IN
PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE SUBDISTRICT OF
SUMBANG BANYUMAS**

ABSTRACT

Background: One of the most common complications of Type 2 Diabetes Mellitus (DM) is peripheral neuropathy. Prevention of peripheral neuropathy can generally be achieved through blood glucose control. Diabetes Self Management is an effort that can be made to control blood glucose levels; thus, non-compliance in its implementation can affect the occurrence of peripheral neuropathy complications.

Objective: To determine the relationship between self-management behavior and suspected diabetic peripheral neuropathy in Type 2 Diabetes Mellitus patients in the Sumbang subdistrict of Banyumas.

Methods: An observational analytical study with a cross-sectional approach. The sample in this study consisted of 55 respondents selected using purposive sampling. The level of self-management in Type 2 DM patients was determined using the Diabetes Self Management Questionnaire (DSMQ). Suspected diabetic peripheral neuropathy was evaluated using the Diabetic Neuropathy Symptom (DNS) questionnaire.

Results: The number of patient with type 2 diabetes mellitus having good self management behaviors and suspected positive diabetic peripheral neuropathy (DPN) was 39 (70,9%), and only 7 patient (12,7%) with good self management behaviors had suspected negative DPN, while patients with type 2 diabetes mellitus having poor self management behaviors and suspected positive diabetic peripheral neuropathy (DPN) was 6 patient (10,9%) and only 3 patient (5,5%) with poor self management behaviors had suspected negative DPN. The Chi-Square test results showed no significant correlation between self management behavior and suspected diabetic peripheral neuropathy

Conclusion: There is no correlation between self management behavior and suspected diabetic peripheral neuropathy in patient with type 2 diabetes mellitus at Sumbang Banyumas Sub-district.

Keywords: Type 2 DM, self-management behavior, suspected diabetic peripheral neuropathy