

ANALISIS HUBUNGAN PERILAKU *SELF MANAGEMENT* DENGAN FUNGSI KOGNITIF PASIEN DIABETES MELITUS TIPE 2 DI KECAMATAN SUMBANG BANYUMAS

ABSTRAK

Latar belakang : Salah satu komplikasi yang sering diabaikan dalam pengelolaan DM tipe 2 adalah gangguan pada fungsi kognitif, yang dapat memengaruhi kemampuan memori, perhatian, dan fungsi eksekutif. Hal ini dipengaruhi oleh perilaku *self-management* penderita DM tipe 2, termasuk pola makan, aktivitas fisik, pemantauan kadar glukosa darah, dan kepatuhan terhadap pengobatan.

Tujuan : Untuk mengetahui hubungan perilaku *self management* dengan fungsi kognitif pada pasien DM tipe 2 di Puskesmas Kecamatan Sumbang Banyumas.

Metode : Penelitian analitik observasional dengan pendekatan cross-sectional. Sampel pada penelitian ini sebanyak 55 responden yang diambil dengan metode *purposive sampling*. *Self management* ditentukan dengan menggunakan kuesioner DMSQ (*Diabetes Mellitus Self Management*). Fungsi kognitif dievaluasi dengan kuesioner MoCA-Ina (*Montreal Cognitive Assesment-Indonesian*).

Hasil : Tingkat *self management* DM tipe 2 di Kecamatan Sumbang dalam kategori kurang sebesar 58,2% dengan pasien mengalami kesulitan dalam menjalankan pola hidup sehat (60%) dan monitoring kadar gula darah (50,9%). Fungsi kognitif pada pasien DM tipe 2 di Kecamatan Sumbang memiliki fungsi kognitif yang terganggu sebesar 63,6% yang dominan mencakup atensi (30,9%), memori (27,3%), delay recall (45,5%) dan fungsi eksekutif (34,5%).

Kesimpulan : Tidak terdapat hubungan antara perilaku *self management* dengan fungsi kognitif pasien diabetes melitus tipe 2 di Kecamatan Sumbang Banyumas.

Kata Kunci : DM tipe 2, Perilaku Self Management, Fungsi Kognitif

ANALYSIS OF THE RELATIONSHIP BETWEEN SELF MANAGEMENT BEHAVIOR AND COGNITIVE FUNCTION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE SUBDISTRICT OF SUMBANG BANYUMAS

ABSTRACT

Background : *One of the often-overlooked complications in the management of type 2 diabetes mellitus (DM) is cognitive impairment, which can affect memory, attention, and executive function. This is influenced by the self-management behavior of type 2 DM patients, including their dietary habits, physical activity, blood glucose monitoring, and medication adherence.*

Objective : *To determine the relationship between self-management behavior and cognitive function in type 2 DM patients at the Sumbang Health Center in Banyumas.*

Methods : *This was an analytical observational study with a cross-sectional approach. The sample consisted of 55 respondents selected using purposive sampling. Self-management was assessed using the Diabetes Mellitus Self-Management Questionnaire (DMSQ), while cognitive function was evaluated using the Montreal Cognitive Assessment-Indonesian (MoCA-Ina) questionnaire.*

Results : *The self-management level of type 2 DM patients in Sumbang District is categorized as inadequate, with 58.2% of patients experiencing difficulties in maintaining a healthy lifestyle (60%) and monitoring blood glucose levels (50.9%). Cognitive function in type 2 DM patients in Sumbang District shows cognitive impairment in 63.6% of patients, primarily affecting attention (30.9%), memory (27.3%), delayed recall (45.5%), and executive function (34.5%).*

Conclusion : *There was no significant relationship between self-management behavior and cognitive function in type 2 diabetes mellitus patients in Sumbang District, Banyumas.*

Keywords : *Type 2 DM, Self Management Behavior, Cognitive Function*