

Abstrak

PENGARUH *PEER GROUP SUPPORT* TERHADAP *SELF-CARE MANAGEMENT* PADA PENDERITA DIABETES MELLITUS DI KECAMATAN KEMBARAN

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Latar belakang: Diabetes mellitus atau biasa disebut dengan DM merupakan penyakit tidak menular (PTM) yang kejadiannya cukup tinggi. Penyakit DM akan menimbulkan komplikasi apabila penderita DM memiliki *self-care management* yang buruk. Komplikasi dapat dicegah dengan perawatan diri yang baik seumur hidup. Peningkatan perawatan diri DM ini dapat dibantu dengan metode *peer group support*.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh *peer group support* terhadap *self-care management* pada penderita DM di Kecamatan Kembaran.

Metode: Penelitian ini menggunakan desain eksperimen semu (*quasi experiment*) dengan rancangan *non randomized pretest-posttest with control group design*. Teknik pengambilan sampel menggunakan *purposive sampling*. Responden penelitian ini adalah penderita DM di Puskesmas I Kembaran dan Puskesmas II Kembaran sebesar 27 responden (13 responden pada kelompok intervensi, 14 responden pada kelompok kontrol). Instrumen penelitian menggunakan *Diabetes Self-Management Questionnaire*.

Hasil: Terdapat perbedaan yang bermakna skor *self-care management* DM *pre* dan *post peer group support* dengan p 0,001 pada kelompok intervensi. Tidak terdapat perbedaan yang bermakna skor *self-care management* DM *pre* dan *post* pada kelompok kontrol. Terdapat perbedaan yang bermakna skor *self-care management* DM sesudah *peer group support* antara kelompok intervensi dan kontrol dengan p 0,001.

Kesimpulan: *Peer group support* efektif meningkatkan *self-care management* pada penderita DM.

Kata Kunci: Diabetes Mellitus, *Self-Care Management*, *Peer Group Support*.

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Abstract

EFFECT OF PEER GROUP SUPPORT ON SELF-CARE MANAGEMENT IN DIABETES MELLITUS PATIENTS IN KEMBARAN DISTRICT

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Background: Diabetes mellitus or commonly referred as DM is a non-communicable disease (PTM) which is have high prevalence. DM could cause complications if the patients have poor self-care management. Complications can be prevented with good personal care for life. Improvement of self-care management DM can be helped by the method of peer group support.

Purpose: This research aim to determine the effect of peer group support on self-care management in DM patients in Kembaran District.

Methods: This study used a quasi experiment with a non randomized pretest-posttest with control group design. The sampling technique used purposive sampling. Respondents of this study were DM patients in Kembaran Health Center I and Kembaran II Health Center with 27 respondents (13 respondents in intervention group, 14 respondents in control group). The was used in this research Diabetes Self-Management Questionnaire.

Results: There was a significant differences in DM self-care management scores pre and post peer group support with p 0.001 in the intervention group. There was not significant differences in DM self-care management scores pre and post in the control group. There was a significant difference in mean DM self-care management after peer group support between the intervention and control groups with p 0.001.

Conclusion: Peer group support effective improve self-care management in DM patients.

Keywords: Diabetes Mellitus, Self-Care Management, Peer Group Support.

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