

ABSTRAK

HUBUNGAN ADAPTASI PSIKOLOGIS DENGAN *SELF-CARE MANAGEMENT* PADA PASIEN DIABETES MELITUS TIPE II DI WILAYAH KERJA PUSKESMAS 1 SUMBANG

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Latar Belakang: Diabetes melitus tipe 2 adalah penyakit yang disebabkan oleh resistensi insulin dengan karakteristik hiperglikemia kronis. Hiperglikemia pada diabetes melitus tipe 2 dapat diatasi dengan menerapkan *self-care management* untuk mencegah terjadinya komplikasi. Seiring berjalannya penyakit, pasien mengalami proses adaptasi, salah satunya adalah adaptasi psikologis, yang dapat berkontribusi dalam penerapan *self-care management* pada pasien diabetes melitus tipe 2. Penelitian ini bertujuan untuk menganalisis hubungan adaptasi psikologis dengan *self-care management* pada pasien diabetes melitus tipe 2 di wilayah kerja Puskesmas 1 Sumbang.

Metodologi: Penelitian ini adalah penelitian kuantitatif observasional yang menggunakan desain analitik korelasional. Populasi penelitian ini adalah pasien DM tipe 2 di Wilayah Kerja Puskesmas 1 Sumbang. Pengambilan sampel dilakukan menggunakan teknik *convenience sampling* dengan jumlah sampel sebanyak 83 pasien. Pengumpulan data dilakukan dengan menggunakan instrumen *Psychological Adaptation Scale* (PAS) untuk variabel adaptasi psikologis dan *Diabetes Self-Management Questionnaire* (DSMQ) untuk variabel *self-care management*. Data dianalisis menggunakan uji Somers'd.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa sebagian besar partisipan memiliki adaptasi psikologis maladaptif (51,8%) dan memiliki tingkat *self-care management* baik (56,6%). Hasil analisis data menunjukkan bahwa terdapat hubungan yang signifikan antara adaptasi psikologis dengan *self-care management* ($p = 0,000$; $r = 0,333$) sehingga semakin baik adaptasi psikologis, maka semakin baik *self-care management* yang dilakukan.

Kesimpulan: Terdapat hubungan antara adaptasi psikologis dan *self-care management* pada pasien DM tipe 2 di Wilayah Kerja Puskesmas 1 Sumbang.

Kata Kunci: Diabetes Melitus Tipe 2, Adaptasi Psikologis, *Self-care Management*

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ABSTRACT

THE RELATIONSHIP OF PSYCHOLOGICAL ADAPTATION WITH SELF-CARE MANAGEMENT IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE WORKING AREA OF PUSKESMAS 1 SUMBANG

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Background: Type 2 diabetes mellitus is a metabolic disease caused by insulin resistance characterized by chronic hyperglycemia. Hyperglycemia in type 2 diabetes mellitus can be managed through the implementation of self-care management to prevent complications. As the disease progresses, patients experience an adaptation process, one of which is psychological adaptation, which may contribute to the implementation of self-care management in patients with type 2 diabetes mellitus. This study aims to analyze the relationship between psychological adaptation and self-care management in patients with type 2 diabetes mellitus in the working area of Puskesmas 1 Sumbang.

Methods: This research is a quantitative observational study using a correlational analytic design. The population of this study consists of type 2 diabetes mellitus patients in the working area of Puskesmas 1 Sumbang. Sampling was carried out using the convenience sampling technique with a total of 83 patients. Data collection was conducted using the Psychological Adaptation Scale (PAS) for the psychological adaptation variable and the Diabetes Self-Management Questionnaire (DSMQ) for the self-care management variable. The data were analyzed using the Sommers'd test.

Results: The results showed that most participants had maladaptive psychological adaptation (51.8%) and a good level of self-care management (56.6%). Data analysis revealed that there is a significant relationship between psychological adaptation and self-care management ($p = 0.000$; $r = 0.333$), indicating that the better the psychological adaptation, the better the self-care management performed.

Conclusion: There is a relationship between psychological adaptation and self-care management in patients with type 2 diabetes mellitus in the working area of Puskesmas 1 Sumbang.

Keywords: Type 2 Diabetes Mellitus, Psychological Adaptation, Self-care Management

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