

**PERBEDAAN KUALITAS HIDUP ANTARA PENDERITA DIABETES
MELITUS TIPE 2 PESERTA DAN NON-PESERTA PROGRAM
PENGELOLAAN PENYAKIT KRONIS (PROLANIS)
DI PUSKESMAS SUMBANG**

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ABSTRAK

Latar belakang: Diabetes melitus merupakan suatu penyakit metabolik yang ditandai dengan kondisi hiperglikemia dan dapat menimbulkan komplikasi yang sangat memengaruhi kualitas hidup penderitanya. Penatalaksanaan DM bertujuan untuk menormalkan aktivitas insulin dan kadar glukosa untuk mencegah terjadinya komplikasi. Program pengelolaan penyakit kronis adalah salah satu program pemerintah di era Jaminan Kesehatan Nasional yang dikembangkan untuk para penderita penyakit kronis. Tujuan utama dari Prolanis adalah mencapai kualitas hidup yang optimal dengan biaya pelayanan kesehatan yang efektif dan efisien. **Tujuan:** Penelitian ini menganalisis perbedaan kualitas hidup antara penderita DM tipe 2 peserta dan non-peserta Prolanis di Puskesmas Sumbang. **Metode/Desain:** Desain penelitian observasional analitik dengan pendekatan *cross sectional*. Besar sampel penelitian adalah 34 orang sesuai kriteria inklusi dan eksklusi penelitian. Kualitas hidup pasien diukur dengan kuesioner *Diabetes Quality of Life* (DQOL). **Hasil:** Uji statistik yang digunakan adalah uji t tidak berpasangan. Rerata skor kelompok peserta adalah $3,11 \pm 0,20$ dan kelompok non-peserta adalah $2,41 \pm 0,19$. Uji beda rerata menunjukkan adanya perbedaan antara skor kedua kelompok ($p < 0,05$). Keikutsertaan Prolanis dan kualitas hidup memiliki korelasi bermakna dan kuat ($p < 0,001$, $r = 0,938$). **Kesimpulan:** Terdapat perbedaan kualitas hidup antara penderita DM tipe 2 peserta dan non-peserta Prolanis.

Kata kunci: kualitas hidup, keikutsertaan Prolanis, DQOL.

**DIFFERENCES IN QUALITY OF LIFE BETWEEN TYPE II DIABETES
MELLITUS PATIENT AS MEMBER AND NON MEMBER OF
CHRONIC DISEASE MANAGEMENT PROGRAM
AT PUBLIC HEALTH CENTER SUMBANG**

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ABSTRACT

Background: Diabetes mellitus is metabolic disease characterized by hyperglycemic condition which can cause complications that will affect the quality of the patient's life. The treatment of DM is to normalize insulin activity and blood glucose level to prevent complications. Chronic disease management program is a government program in National Health Assurance era which is developed for chronic disease patients. The main goal of the program is to reach the optimal quality of life with effective and efficient cost. **Objective:** This research analyzed the differences in quality of life between type II DM patient as member and non member of chronic disease management program at public health center Sumbang. **Method/Design:** This research was an observational analytic with cross sectional approach. Sample size of this research was 34 people that meet with inclusion and exclusion criteria. Patient's quality of life was measured by Diabetes Quality of Life (DQOL) questionnaire. **Result:** Data was statistically tested with independent t test. Mean of member group score was 56.12 ± 6.909 and non member group was 2.41 ± 0.19 . Mean difference test showed there was a difference between score of both group ($p < 0.05$). There was a meaningful and strong correlation between participation in chronic disease management and quality of live ($p < 0.001$, $r = 0.938$) **Conclusion:** There was a difference in quality of life between type II DM patient as member and non member of chronic disease management program at public health center Sumbang.

Key words : quality of life, participation in *Prolanis*, DQOL