

**ANALISIS HUBUNGAN *SELF-MANAGEMENT* DIABETES MELITUS
(SMDM) DENGAN KEJADIAN DISFUNGSI SEKSUAL PADA PASIEN
DIABETES MELITUS (DM) TIPE 2 DI KECAMATAN SUMBANG
KABUPATEN BANYUMAS**

ABSTRAK

Latar belakang: Diabetes Melitus (DM) tipe 2 merupakan masalah kesehatan global dengan prevalensi yang terus meningkat setiap tahun. Pada tahun 2023, tercatat 23.388 kasus DM di Kabupaten Banyumas, termasuk 699 kasus di Kecamatan Sumbang. Peningkatan kasus DM turut berdampak pada meningkatnya komplikasi, termasuk disfungsi seksual. *Self-management* yang baik berperan penting dalam pengendalian glukosa darah dan pencegahan komplikasi, namun saat ini belum ada upaya pengukuran dan penguatan *self-management* diabetes melitus (SMDM) yang dilakukan secara sistematis dalam pengelolaan pasien di Puskesmas, termasuk di Puskesmas Sumbang.

Tujuan: Mengetahui hubungan antara *Self-Management* Diabetes Melitus (SMDM) dengan kejadian disfungsi seksual pada pasien DM tipe 2 di Kecamatan Sumbang, Kabupaten Banyumas.

Metode: Penelitian analitik observasional dengan pendekatan *cross-sectional*. Sebanyak 55 responden dipilih dengan teknik *purposive sampling*. *Self-management* diukur menggunakan kuesioner DSMQ, adapun fungsi seksual diukur menggunakan kuesioner IIEF-15 dan FSFI. Analisis data dilakukan menggunakan uji *Chi-Square*.

Hasil: Tingkat *self-management* diabetes melitus (SMDM) berada pada kategori cukup sebesar 63,6%. Kejadian disfungsi seksual ditemukan pada 16,4% responden, sedangkan 83,6% memiliki fungsi seksual normal. Tidak terdapat hubungan yang signifikan antara SMDM dengan kejadian disfungsi seksual ($p = 0,492$).

Kesimpulan: Tidak terdapat hubungan antara *Self-Management* Diabetes Melitus dengan kejadian disfungsi seksual pada pasien DM tipe 2 di Kecamatan Sumbang.

Kata Kunci: DM Tipe 2, SMDM, Disfungsi Seksual, DSMQ, FSFI, IIEF.

THE ASSOCIATION BETWEEN DIABETES MELLITUS SELF-MANAGEMENT AND SEXUAL DYSFUNCTION AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS IN SUMBANG, BANYUMAS

ABSTRACT

Background: Type 2 Diabetes Mellitus (DM) is a global health problem with a steadily increasing prevalence each year. In 2023, a total of 23,388 DM cases were recorded in Banyumas Regency, including 699 cases in the Sumbang subdistrict. The rising number of DM cases contributes to a higher incidence of complications, including sexual dysfunction. Good self-management plays a crucial role in maintaining blood glucose control and preventing complications. However, systematic assessment and strengthening of diabetes self-management (SMDM) have not yet been implemented in the management of patients at public health centers, including Sumbang Health Center.

Objective: To determine the relationship between Self-Management of Diabetes Mellitus (SMDM) and the occurrence of sexual dysfunction among patients with Type 2 DM in the Sumbang subdistrict, Banyumas Regency.

Methods: This study employed an observational analytic design with a cross-sectional approach. A total of 55 respondents were selected through purposive sampling. Self-management was assessed using the Diabetes Self-Management Questionnaire (DSMQ), while sexual function was measured using the International Index of Erectile Function (IIEF-15) and the Female Sexual Function Index (FSFI). Data were analyzed using the Chi-Square test.

Results: The level of diabetes self-management was categorized as moderate in 63.6% of respondents. Sexual dysfunction was found in 16.4% of respondents, while 83.6% had normal sexual function. There was no statistically significant relationship between diabetes self-management and the occurrence of sexual dysfunction ($p = 0.492$).

Conclusion: There is no significant relationship between Self-Management of Diabetes Mellitus and the occurrence of sexual dysfunction in patients with Type 2 DM in the Sumbang subdistrict.

Keywords: Type 2 DM, SMDM, Sexual Dysfunction, DSMQ, FSFI, IIEF.