

**HUBUNGAN DUKUNGAN KELUARGA TERHADAP KADAR HbA1c
PADA PASIEN DIABETES MELITUS TIPE 2
DI PUSKESMAS PURWOKERTO BARAT**

ABSTRAK

Latar Belakang – Diabetes melitus tipe 2 (DMT2) merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang, termasuk dukungan keluarga untuk mencapai kontrol glikemik yang optimal. Kehadiran keluarga dapat memberikan pengaruh psikis dan emosional, sehingga pasien termotivasi untuk lebih teratur minum obat dan bergaya hidup sehat. Sehingga, kadar HbA1c pasien dapat terkontrol ($<7\%$).

Tujuan – Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga terhadap kadar HbA1c pada pasien diabetes melitus tipe 2.

Metode – Desain penelitian yang digunakan adalah *cross-sectional* pada populasi pasien Prolanis DMT2 di Puskesmas Purwokerto Barat. Sampel berjumlah 91 responden yang dipilih dengan teknik *consecutive sampling*. Dukungan keluarga diukur menggunakan kuesioner *Hensarling Diabetes Family Support Scale (HDFSS)*, sedangkan kadar HbA1c diperoleh dari data pemeriksaan laboratorium. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi *Spearman*.

Hasil – Sebagian besar responden memiliki dukungan keluarga yang baik (73,6%) dan kadar HbA1c terkontrol (58,2%). Hasil analisis bivariat menunjukkan bahwa tidak terdapat hubungan bermakna antara dukungan keluarga terhadap kadar HbA1c ($p = 0,056$). Dilakukan analisis bivariat tambahan terkait karakteristik demografi, hasil menunjukkan variabel lama menderita DMT2 berhubungan signifikan dengan kadar HbA1c ($p = 0,014$).

Kesimpulan – Tidak terdapat hubungan signifikan antara dukungan keluarga terhadap kadar HbA1c.

Kata kunci: dukungan keluarga, kadar HbA1c, diabetes melitus tipe 2, kuesioner HDFSS, lama menderita DMT2

**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND HbA1c
LEVELS IN TYPE 2 DIABETES PATIENTS
AT THE PURWOKERTO BARAT COMMUNITY HEALTH CENTER**

ABSTRACT

Background – Type 2 diabetes mellitus (T2DM) is a chronic disease that requires long-term management, including family support to achieve optimal glycemic control. Family involvement can provide psychological and emotional support, thereby motivating patients to adhere to medication regimens and adopt healthier lifestyles. As a result, patients are expected to achieve better glycemic control, reflected by controlled HbA1c levels ($<7\%$).

Objective – This study aimed to determine the association between family support and HbA1c levels among patients with type 2 diabetes mellitus (T2DM).

Method – A cross-sectional study design was conducted among Prolanis T2DM patients at Purwokerto Barat Primary Health Center. A total of 91 respondents were recruited using consecutive sampling. Family support was assessed using the Hensarling Diabetes Family Support Scale (HDFSS), while HbA1c levels were obtained from laboratory examination records. Data were analyzed using univariate and bivariate analyses with the Spearman test.

Results – The majority of respondents had good family support (73.6%) and controlled HbA1c levels (58.2%). Bivariate analysis showed that there was no statistically significant association between family support and HbA1c levels ($p = 0.056$). Additional bivariate analysis of demographic characteristics revealed that the duration of T2DM was significantly associated with HbA1c levels ($p = 0.014$).

Conclusion – Family support was not significantly associated with HbA1c levels among patients with T2DM in this study.

Keywords: family support, HbA1c levels, type 2 diabetes mellitus, HDFSS questionnaire, duration of T2DM