

ABSTRAK

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN MANAJEMEN PERAWATAN DIRI PADA PENDERITA DIABETES MELITUS TIPE 2 SELAMA PANDEMI COVID-19

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Latar Belakang: Pandemi Covid-19 menyebabkan terjadinya perubahan manajemen perawatan diri pada penderita diabetes. Persepsi penyakit, *psychological distress* Covid-19, dukungan keluarga, dan sosiodemografi mungkin dapat memengaruhi perawatan diri pasien diabetes selama pandemi Covid-19. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan manajemen perawatan diri diabetes selama pandemi Covid-19.

Metodologi: Penelitian kuantitatif asosiatif ini menggunakan *cross sectional design*. Responden penelitian yaitu penderita diabetes tipe 2 sebanyak 90 orang menggunakan teknik *consecutive sampling*. Instrumen yang digunakan yaitu *Brief Illness Perception Questionnaire* (B-IPQ), *Covid-19 Peritraumatic Distress Inventory* (CPDI), dan kuesioner modifikasi *Diabetes Self Management Questionnaire* (DSMQ). Data dianalisis dengan ANOVA, *Independent t test*, *Kruskal-Wallis*, *Spearman rank*, dan regresi linear berganda.

Hasil Penelitian: Penelitian menunjukkan nilai rata-rata perawatan diri 30,41, persepsi penyakit 48,33, *psychological distress* Covid-19 43,43, dan dukungan keluarga 33,98. Hasil penelitian menunjukkan terdapat hubungan antara jenis kelamin ($p=0,049$), pendapatan ($p=0,042$), persepsi penyakit ($p=0,002$), dan dukungan keluarga ($p=0,000$) dengan manajemen perawatan diri diabetes. Sementara itu, tidak terdapat hubungan antara usia ($p=0,669$), pekerjaan ($p=0,113$), pendidikan ($p=0,103$), IMT ($p=0,990$), dan *psychological distress* Covid-19 ($p=0,095$) dengan manajemen perawatan diri diabetes.

Kesimpulan: Dukungan keluarga (Beta 0,46) merupakan faktor yang paling dominan memengaruhi perawatan diri diabetes.

Kata Kunci: persepsi penyakit, *psychological distress* Covid-19, dukungan keluarga, perawatan diri diabetes

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ABSTRACT

FACTORS RELATED TO SELF CARE MANAGEMENT IN PEOPLE WITH TYPE 2 DIABETES MELLITUS DURING THE COVID-19 PANDEMIC

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Background: The Covid-19 pandemic has led to changes in self-care management in diabetics. Illness perception, psychological distress Covid-19, family support, and sociodemography may affect the self-care of diabetic patients during the Covid-19 pandemic. This study aims to identify the factors that related to diabetes self-care management during the Covid-19 pandemic.

Method: This associative quantitative research used cross sectional design. The study respondents were 90 people with type 2 diabetes using consecutive sampling techniques. The instruments used are Brief Illness Perception Questionnaire (B-IPQ), Covid-19 Peritraumatic Distress Inventory (CPDI), and Diabetes Self Management Questionnaire (DSMQ) modification questionnaire. The data were analyzed with ANOVA, Independet t test, Kruskal-Wallis, Spearman rank, and multiple linear regression.

Result: Research shows the average value of self-care 30.41, illness perception 48.33, psychological distress Covid-19 43.43, and family support 33.98. The results showed that there was a relationship between sex ($p=0.049$), income ($p=0.042$), disease perception ($p=0.002$), and family support ($p=0.000$) with diabetes self-care management. Meanwhile, there is no relationship between age ($p=0.669$), employment ($p=0.113$), education ($p=0.103$), BMI ($p=0.990$), and psychological distress Covid-19 ($p=0.095$) with diabetes self-care management.

Conclusion: Family support (Beta 0.46) is the most dominant factor influencing the self-care of diabetes.

Key Word: illness perception, psychological distress Covid-19, family support, diabetes self-care

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