

**DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT
(DSME/S) DALAM MENINGKATKAN PENGETAHUAN
DAN SIKAP *SELF-CARE* PASIEN DIABETES
MELITUS TIPE II**

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ABSTRAK

Latar Belakang: Jumlah penyakit Diabetes Melitus (DM) di Provinsi DIY dari tahun 2019-2023 memiliki angka yang fluktuatif yang cenderung meningkat. Kabupaten yang memiliki kasus tertinggi Kabupaten Sleman dengan jumlah kasus sebanyak 15.323. Komplikasi yang paling sering dihadapi oleh penderita penyakit diabetes adalah neuropati, retinopati, proteinuria, gagal ginjal, penyakit jantung, dan masalah psikologi seperti depresi, stress. Komplikasi tersebut perlu dicegah dengan cara melakukan penatalaksanaan Diabetes Melitus dengan baik, Salah satu metode yang digunakan adalah *Diabetes Self Management Education and Support* (DSME/S). DSME/S dapat memfasilitasi pasien DM dalam proses berkelanjutan untuk meningkatkan pengetahuan, keterampilan, dan kemampuan yang dibutuhkan untuk *self-care* penderita Diabetes.

Tujuan: Mengetahui pengaruh *Diabetes Self Management Education and Support* (DSME/S) terhadap pengetahuan dan sikap *Self-Care* pasien DM tipe II di Klinik Pratama UPN “Veteran” Yogyakarta.

Metode: Jenis Penelitian Kuantitatif menggunakan Pre Eksperimental, rancangan “*one group pretest-posttest*”. Rancangan ini ada satu kelompok intervensi tanpa ada kelompok pembanding. Populasi dalam penelitian ini pasien Prolanis Klinik UPN “Veteran” Yogyakarta dengan jumlah sampel 32 responden. Analisis data menggunakan uji *Wilcoxon*.

Hasil: Rata-rata skor tingkat pengetahuan *self care* sebelum dilakukan DSME/S adalah 0,00, sedangkan rata-rata setelah dilakukan DSME/S adalah 11,50. Rata-rata skor tingkat sikap *self care* sebelum dilakukan DSME/S adalah 9,50, sedangkan rata-rata setelah dilakukan DSME/S adalah 10,23. Hasil penelitian berdasarkan uji *Wilcoxon* menunjukkan bahwa DSME/S berpengaruh pada tingkat pengetahuan *Self Care* sebesar 0,000 (p value <0,05), dan tidak berpengaruh terhadap tingkat sikap *Self-care* sebesar 0,088 (p value >0,05).

Kesimpulan: Ada pengaruh *Diabetes Self Management Education and Support* (DSME/S) terhadap pengetahuan *Self care* dan tidak ada pengaruh terhadap sikap *Self-Care* pasien DM tipe II di Klinik Pratama UPN “Veteran” Yogyakarta.

Kata Kunci : *Self-Care*, DSME/S, edukasi, Diabetes Melitus

**DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT
(DSME/S) IN INCREASING KNOWLEDGE AND SELF-CARE
ATTITUDES OF DIABETES PATIENTS
MELLITUS TYPE II**

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ABSTRACT

Background: The number of Diabetes Mellitus (DM) in DIY Province from 2019-2023 has fluctuating numbers which tend to increase. The district with the highest cases is Sleman Regency with a total of 15,323 cases. The complications most often faced by diabetes sufferers are neuropathy, retinopathy, proteinuria, kidney failure, heart disease, and psychological problems such as depression and stress. These complications need to be prevented by managing Diabetes Mellitus properly. One of the methods used is Diabetes Self Management Education and Support (DSME/S). DSME/S can facilitate DM patients in a continuous process to increase the knowledge, skills and abilities needed for self-care for Diabetes sufferers.

Objective: To determine the influence of Diabetes Self Management Education and Support (DSME/S) on knowledge and Self-Care attitudes of type II DM patients at the Pratama Clinic UPN "Veteran" Yogyakarta.

Method: Quantitative Research Type using Pre-Experimental, "one group pretest-posttest" design. This design has one intervention group without a comparison group. The population in this study was Prolanis Clinic UPN "Veteran" Yogyakarta patients with a sample size of 32 respondents. Data analysis used the Wilcoxon test.

Results: The average score for the level of self-care knowledge before DSME/S was carried out was 0.00, while the average after DSME/S was 11.50. The average self-care attitude level score before DSME/S was carried out was 9.50, while the average after DSME/S was 10.23. The research results based on the Wilcoxon test show that DSME/S has an effect on the level of Self Care knowledge of 0.000 (p value <0.05), and has no effect on the level of Self-care attitudes of 0.088 (p value >0.05).

Conclusion: There is a difference in the influence of Diabetes Self Management Education and Support (DSME/S) on the knowledge and Self-Care attitudes of type II DM patients.

Keyword : *Self-Care, DSME/S, education, diabetes melitus*