RELATIONSHIP OF FAMILY SUPPORT WITH GLUCOSE CONTROL REGULATIONS BLOOD ON DIABETES MELLITUS PATIENTS TYPE 2 IN THE WORKING AREA OF PUSKESMAS BANTUL I BANTUL DISTRICT

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ABSTRACT

Background: Diabetes Mellitus (DM) is a metabolic disease characterized by hyperglycemia that occurs due to abnormalities in insulin secretion or insulin action. Family support plays an important role in changing the health behavior of type 2 DM patients. Good family support will arouse enthusiasm for type 2 DM patients so that they are motivated to carry out regular blood glucose control.

Objective: It is known that the relationship between family support and regular control of blood glucose levels in patients with type 2 diabetes mellitus in the working area of the Bantul I Community Health Center.

Methods: This type of research is non-experimental quantitative with a cross-sectional research design. The sampling technique used purposive sampling technique. Data analysis used chi square test and spearman rank test. The research instrument used a questionnaire instrument. The population of this study were patients with type 2 diabetes mellitus at the Bantul I Health Center with a total of 66 patients as respondents.

Results: The results showed 44 patients with type 2 diabetes (66.7%) received good family support and 58 patients (87.9%) performed regular blood glucose control. Based on the results of the chi square test, the p value was 0.001 and the spearman rank correlation coefficient test was 0.303.

Conclusion: There is a significant relationship between family support and regularity of blood glucose control in patients with type 2 diabetes mellitus at the Bantul I Health Center

Keywords: family support, regularity of blood glucose control, type 2 diabetes mellitus patients

HUBUNGAN DUKUNGAN KELUARGA DENGAN KETERATURAN KONTROL KADAR GLUKOSA DARAH PADA PASIEN DIABETES MELLITUS TIPE 2 DI WILAYAH KERJA PUSKESMAS BANTUL I KABUPATEN BANTUL

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ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) merupakan penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena kelainan sekresi insulin atau kerja insulin. Dukungan keluarga memberikan peran penting dalam perubahan perilaku kesehatan pasien DM tipe 2. Dukungan keluarga yang baik akan membangkitkan semangat hidup pasien DM tipe 2 sehingga termotivasi untuk melakukan kontrol glukosa darah secara teratur.

Tujuan: Diketahuinya hubungan dukungan keluarga dengan keteraturan kontrol kadar glukosa darah pada pasien diabetes mellitus tipe 2 di wilayah kerja Puskesmas Bantul I

Metode: Jenis penelitian ini adalah kuantitatif non-eksperimen dengan desain penelitian *crosssectional*. Teknik pengambilan sampling menggunakan teknik *purposive sampling*. Analisis data menggunakan uji *chi square* dan uji *spearman rank*. Instrumen penelitian menggunakan instrumen kuisioner. Populasi penelitian ini adalah pasien diabetes mellitus tipe 2 di Puskesmas Bantul I dengan jumlah responden 66 pasien.

Hasil: Hasil penelitian menunjukkan 44 pasien DM tipe 2 (66,7%) mendapat dukungan keluarga yang baik dan 58 pasien (87,9%) melakukan kontrol glukosa darah teratur. Berdasarkan hasil uji *chi square* didapatkan *p value* 0,001 dan hasil uji koefisien korelasi *spearman rank* sebesar 0,303.

Kesimpulan: Terdapat hubungan yang signifikan antara dukungan keluarga dengan keteraturan kontrol glukosa darah pada pasien diabetes mellitus tipe 2 di Puskesmas Bantul I.

Kata kunci: Dukungan keluarga, keteraturan kontrol glukosa darah, pasien diabetes mellitus tipe 2