

HUBUNGAN DUKUNGAN KELUARGA DENGAN KUALITAS HIDUP DIABETES MELITUS TIPE 2 DI PUSKESMAS PADEMAWU

*The Correlation between Family Support with Quality of Life Diabetes Mellitus Type 2 in Pademawu
PHC*

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ABSTRAK

Diabetes Melitus (DM) Tipe 2 merupakan jenis tipe DM yang diderita hampir 90% pasien dengan diagnosis DM di dunia. Penderita Diabetes Melitus tipe 2 membutuhkan perawatan dan pengobatan jangka panjang untuk memperpanjang umur serta meningkatkan kualitas hidup. Penelitian ini bertujuan untuk menganalisis hubungan dukungan keluarga dengan kualitas hidup penderita DM tipe 2. Jenis penelitian adalah observasional analitik dengan desain studi *cross sectional*. Populasi penelitian adalah semua penderita DM tipe 2 yang berkunjung di Pusat kesehatan masyarakat (Puskesmas) Pademawu pada bulan Mei-Juni 2017. Jumlah sampel adalah 50 responden yang dipilih secara acak menggunakan teknik *simple random sampling*. Variabel yang diteliti adalah karakteristik responden (usia, jenis kelamin, tingkat pendidikan, lama menderita, komplikasi), dan dukungan keluarga. Hasil uji dengan *chi square* dengan tingkat kemaknaan 5% ($\alpha = 0,05$) menunjukkan variabel yang berhubungan signifikan dengan variabel kualitas hidup DM tipe 2 adalah dukungan keluarga ($p = 0,001$) dan komplikasi DM ($p = 0,011$). Kesimpulan dalam penelitian ini adalah variabel dukungan keluarga dan komplikasi mempunyai hubungan yang signifikan dengan kualitas hidup DM tipe 2 di Puskesmas Pademawu, Kabupaten Pamekasan, sehingga petugas kesehatan di Puskesmas Pademawu diharapkan lebih meningkatkan promosi kesehatan mengenai pentingnya dukungan keluarga terhadap penderita untuk memperpanjang umur penderita DM tipe 2.

Kata kunci: diabetes melitus tipe 2, dukungan keluarga, kualitas hidup, penyakit tidak menular

ABSTRACT

Diabetes Mellitus (DM) Type 2 is one type of DM that affects nearly 90% of patients with a diagnosis of DM in the world. DM type 2 patients need long-term care and treatment to prolong life and improve quality of life. This study aims to analyze the relationship of family support with the quality of life of patients with DM type 2. This type of research is observational analytic with a cross-sectional study design. The study population was all patients with DM type 2 who visited the Public health center (PHC) of Pademawu in May - June 2017. The number of samples was 50 respondents who were randomly selected using a simple random sampling technique. The variables studied were the characteristics of respondents (age, sex, level of education, length of suffering, complications), and family support. The results of the chi-square test with a significance level of 5% ($\alpha = 0.05$) showed that variables significantly related to the quality of life DM type 2 were family support ($p = 0.001$) and DM complications ($p = 0.011$). The conclusion in this study is the variable of family support and complications have a significant relationship with the quality of life of DM type 2 in PHC of Pademawu, Pamekasan District so that health workers in PHC of Pademawu are expected to further enhance health promotion regarding the importance of family support to patients to extend the life of patients with DM type 2.

Keywords: diabetes mellitus type 2, family support, quality of life, non-communicable disease

**HUBUNGAN EFIKASI DIRI DAN DUKUNGAN KELUARGA
DENGAN KUALITAS HIDUP PENDERITA DIABETES
MELITUS TIPE 2 DI KLINIK PENYAKIT DALAM
RSUD Dr. SOEDARSO PONTIANAK**

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ABSTRAK

Latar Belakang: Kualitas hidup penderita Diabetes Melitus (DM) tipe 2 menjadi suatu hal yang sangat penting. Adanya penyakit DM dengan penatalaksanaan yang tidak tepat berdampak pada berbagai komplikasi dan penurunan kualitas hidup. Untuk meningkatkan kualitas hidup maka diperlukan efikasi diri dan dukungan keluarga yang baik sehingga dapat berpengaruh pada pembentukan perilaku penatalaksanaan DM yang positif.

Tujuan: Untuk mengetahui hubungan efikasi diri dan dukungan keluarga dengan kualitas hidup penderita DM tipe 2.

Metode: Penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel pada penelitian ini sebanyak 73 responden. Teknik pengambilan sampel menggunakan *non-probability sampling* dengan pendekatan *consecutive sampling*. Instrumen yang digunakan adalah kuesioner efikasi diri, kuesioner dukungan keluarga dan kuesioner kualitas hidup DM. Uji statistik yang digunakan adalah *Chi-Square*.

Hasil: Usia 61-65 tahun (31,5%), jenis kelamin terbanyak perempuan (53,4%), pendidikan SLTA (32,9%), status pernikahan terbanyak yaitu menikah (74,0%), lama menderita DM 1-10 tahun (87,7%), ada komplikasi (58,9%), dan keluarga yang merawat yaitu terbanyak pada keluarga inti (91,8%). Nilai uji *Chi-Square* untuk efikasi diri adalah 0,001 ($p < 0,05$) dan dukungan keluarga 0,026 ($p < 0,05$).

Kesimpulan: Ada hubungan efikasi diri dan dukungan keluarga dengan kualitas hidup penderita DM tipe 2 di Klinik Penyakit Dalam RSUD Dr. Soedarso Pontianak.

Rekomendasi: efikasi diri dan dukungan keluarga dapat dijadikan sebagai promosi kesehatan guna meningkatkan kualitas hidup penderita DM tipe 2.

Kata kunci: Diabetes Melitus tipe 2, efikasi diri, dukungan keluarga, kualitas hidup

Referensi: (2008-2017)

ABSTRACT

Background: The quality of life of type 2 Diabetes Mellitus (DM) patients become essential and particular thing. The presence of DM with inappropriate management has various complications and decreased quality of life. The way improving the quality of life, good self efficacy and family support are needed so that it can influence the formation of positive DM management behaviors.

Purpose: To find out the correlation between self efficacy and family support with the quality of life of patients with type 2 diabetes mellitus.

Method: Quantitative research with cross sectional approach. The sample in this study were 73 respondents. The sampling technique uses non-probability sampling with consecutive sampling approach. The instruments used are self efficacy questionnaires, family support questionnaires and DM quality questionnaires. The statistical test used is Chi-Square.

Result: Age 61-65 years old (31,5%), female (53,4%), high school education (32,9%), marital status: married (74,0%), long suffered DM 1-10 years (87,7%), there were complications (58,9%), and caring families that were mostly in the nuclear family (91,8%). Chi-Square test values for self efficacy 0,001 ($p < 0,05$) and family support 0,026 ($p < 0,05$).

Conclusion: There is a correlation between self efficacy and family support with the quality of life of people with type 2 DM in the Clinic of Internal Medicine Dr. Soedarso Pontianak.

Recommendation: self efficacy and family support can be used as health promotion to improve the quality of life for people with type 2 DM.

Keywords: Diabetes Mellitus Type 2, self efficacy, family support, quality of life

Reference: (2008-2017)

Hubungan Dukungan Keluarga dengan Kualitas Hidup Pasien *Diabetes Mellitus* Tipe 2 di Puskesmas Helvetia Medan

The Correlation of Family Support, Viewed from the Dimensions of Emphaty/Emotion, Recognition, Instrumental, and Information with the Life Quality of DM Type 2 Patients at Helvetia Health Center, Medan

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Abstract

The number of Diabetes Mellitus (DM) patients in Indonesia was 5,6 million people in 2001 and if increased to 9 million people in 2014. The data from Medan Health Service revealed that the number of DM patients was 27,075 people in 2013 and it was 3,607 people only from January to February, 2014. The objective of the research was to analyze the correlation of family support, viewed from the dimensions of emphaty/emotion, recognition, instrumental, and information with the life quality of DM type 2 patients at Helvetia Health Center, Medan. The research was a survey with cross sectional design. The populasi was 43 DM Type 2 patients, and all of them were used as the samples. The data were gathered by using questionnaires and analyzed by using univariate, analysis, bivariate analysis with chi square test at the significance level of 95%. The result of the research showed the there was the correlation of family support with the dimensions of empathy/emotion, recognition, instrumental, and information with the life quality of DM type 2 patients. It is recommended that Helvetia Health Center, Medan, empower health care providers in providing health promotion like education and counseling for DM Type 2 patients and their familier. The patient familier should pay serious attention and give information about DM in order that DM Type 2 patients can improve their life quality and will be able to accept their own condition patiently in medication and their own life.

Key Words : Family Support, Life Quality, DM Type 2

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