

ABSTRACT

THE EFFECT OF DIABETES SELF MANAGEMENT EDUCATION (DSME) THROUGH WHATSAPP DURING THE COVID-19 PANDEMIC ON SELF CARE OF TYPE 2 DM PATIENTS AT SEYEGAN HEALTH CARE

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Background: *Diabetics need to have adequate knowledge and skills in self-care, especially during the Covid-19 pandemic, one of which is by conducting Diabetes Self Management Education (DSME) via WhatsApp.*

Objective: *Knowing the effect of Diabetes Self Management Education (DSME) through WhatsApp during the Covid-19 pandemic on self care for type 2 DM patients at the Seyegan Health Center.*

Methods: *This type of research is a quasi experiment with a pretest-posttest non equivalent control group design. The population in this study was 62 patients with a total sample of 54 respondents with purposive sampling technique. The independent variable in this study was Diabetes Self Management Education (DSME) via WhatsApp during the Covid-19 pandemic and the dependent was self care for type 2 DM patients at the Seyegan Health Center. Data were collected using the questionnaire The Summary of Diabetes Self Care Activities (SDSCA) and statistical tests were performed using the Independent T-Test and the T-paired Test with a significance value of $p=0.05$.*

Research Results: *There was an effect after being given Diabetes Self Management Education (DSME) via WhatsApp during the Covid-19 pandemic on self care for type 2 DM patients at the Seyegan Health Center with a p value of 0.034. This study shows that Diabetes Self Management Education (DSME) through WhatsApp during the Covid-19 pandemic has an influence on the level of self care for type 2 DM patients.*

Conclusion: *There is an effect of Diabetes Self Management Education (DSME) through WhatsApp during the Covid-19 pandemic on Self Care for Type 2 DM patients at the Seyegan Health Center.*

Keywords: *Diabetes Self Management Education, WhatsApp, Diabetes Melitus, Self Care*

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ABSTRAK

PENGARUH *DIABETES SELF MANAGEMENT EDUCATION* (DSME) MELALUI *WHATSAPP* DI MASA PANDEMI COVID-19 TERHADAP *SELF CARE* PASIEN DM TIPE 2 DI PUSKESMAS SEYEGAN

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Latar belakang: penderita diabetes perlu memiliki pengetahuan dan keterampilan perawatan diri yang memadai terutama di masa pandemi Covid-19, salah satunya dengan *Diabetes Self-Management Education* (DSME) melalui *WhatsApp*.

Tujuan: diketahui pengaruh *Diabetes Self Management Education* (DSME) melalui *WhatsApp* di masa pandemi Covid-19 terhadap *self care* pasien DM tipe 2 di Puskesmas Seyegan.

Metode: jenis penelitian ini adalah *quasi eksperiment* dengan desain *pretest-posttest non equivalent control group design*. Populasi dalam penelitian ini 62 pasien dengan jumlah sampel 54 responden dengan teknik *purposive sampel*. Variabel bebas dalam penelitian ini adalah *Diabetes Self Management Education* (DSME) melalui *WhatsApp* di masa pandemi Covid-19 dan variabel terikatnya adalah *self care* pasien DM tipe 2 Puskesmas Seyegan. Data dikumpulkan dengan kuisioner *The Summary Of Diabetes Self Care Activities* (SDSCA) dan dilakukan analisa data menggunakan uji *independen t- test* dan uji *t-paired* dengan nilai kemaknaan $p=0,05$.

Hasil penelitian: terdapat pengaruh setelah diberikan *Diabetes Self Management Education* (DSME) melalui *WhatsApp* di masa pandemi Covid-19 terhadap *self care* pasien DM tipe 2 Puskesmas Seyegan dengan nilai $p=0,034$. Penelitian ini menunjukkan bahwa *Diabetes Self Management Education* (DSME) melalui *WhatsApp* di masa pandemi Covid-19 memiliki pengaruh terhadap tingkat *self care* pasien DM tipe 2.

Kesimpulan: terdapat pengaruh *Diabetes Self Management Education* (DSME) melalui *WhatsApp* di masa pandemi Covid-19 terhadap *self care* pasien DM tipe 2 di Puskesmas Seyegan

Kata Kunci: *Diabetes Self Management Education*, *WhatsApp*, Diabetes Melitus, *Self Care*

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