

**THE EFFECT OF DSME (DIABETES SELF MANAGEMENT EDUCATION)  
POCKETBOOK ON CONTROL COMPLIANCE BLOOD SUGAR IN  
DIABETIES AT PUSKESMAS JETIS 2**

Hima Yunita<sup>1</sup>, Eko Suryani<sup>2</sup>, Bondan Palestin<sup>3</sup>  
Poltekkes Kemenkes Yogyakarta Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman,  
Yogyakarta, Indonesia. ([himayunitao@gmail.com](mailto:himayunitao@gmail.com))

**ABSTRACT**

**Background:** DSME is a process to provide knowledge, skills and abilities needed for self-care in diabetic patients. Compliance is very important to determine the success of treatment in diabetes so that complications do not occur. One of the media to convey DSME is the DSME pocket book.

**Objective:** To determine the effect of the DSME pocket book on blood sugar control compliance in people with diabetes at the Jetis 2 Community Health Center.

**Methods:** This study used an experimental pre-test post-test without control group design which was carried out from March to April 2022. The population was people with diabetes at Jetis 2 Health Center. The sample size was 40 people with diabetes using simple random sampling technique.

**Results:** The results showed that the intervention with the DSME pocket book had an effect on adherence to blood sugar control in people with diabetes at Jetis 2 Public Health Center where p value = 0, 000 (> 0.05).

**Conclusion:** Giving a DSME pocket book has an effect on adherence to blood sugar control with diabetes at Jetis 2 Community Health Center.

**Keywords:** DSME Pocket Book, Blood Sugar Control Compliance, Diabetes

Information:

....1): Student of the Department of Nursing, Poltekkes, Ministry of Health, Yogyakarta

....2): Lecturer of the Department of Nursing Poltekkes, Ministry of Health, Yogyakarta

....3): Lecturer of the Department of Nursing Poltekkes, Ministry of Health, Yogyakarta

**PENGARUH BUKU SAKU DSME (*DIABETES SELF MANAGEMENT EDUCATION*) TERHADAP KEPATUHAN KONTROL GULA DARAH PADA DIABETISI DI PUSKESMAS JETIS 2**

Hima Yunita<sup>1</sup>, Eko Suryani<sup>2</sup>, Bondan Palestin<sup>3</sup>  
Poltekkes Kemenkes Yogyakarta Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman,  
Yogyakarta, Indonesia. ([himayunitao@gmail.com](mailto:himayunitao@gmail.com))

**ABSTRAK**

**Latar Belakang:** DSME merupakan proses untuk memberikan pengetahuan, keterampilan dan kemampuan yang dibutuhkan untuk perawatan diri pada pasien diabetes. Kepatuhan sangat penting untuk mengetahui keberhasilan pengobatan pada diabetisi agar tidak terjadi komplikasi. Salah satu media untuk menyampaikan DSME ini yaitu media buku saku DSME.

**Tujuan:** Mengetahui pengaruh buku saku DSME terhadap kepatuhan kontrol gula darah pada diabetisi di Puskesmas Jetis 2.

**Metode:** Penelitian ini menggunakan desain *ekperiment pre- test post- test without control group design* yang dilaksanakan pada bulan Maret sampai April 2022. Populasi adalah diabetisi di Puskesmas Jetis 2. Besar sampel sebanyak 40 diabetisi dengan Teknik pengambilan sampel *simple random sampling*.

**Hasil:** Hasil penelitian menunjukkan bahwa intervensi dengan buku saku DSME berpengaruh terhadap kepatuhan kontrol gula darah pada diabetisi di Puskesmas Jetis 2 dimana nilai  $p = 0,000 (>0,05)$ .

**Kesimpulan:** Pemberian buku saku DSME berpengaruh pada kepatuhan kontrol gula darah diabetisi di Puskesmas Jetis 2.

**Kata Kunci:** Buku Saku DSME, Kepatuhan Kontrol Gula Darah, Diabetisi

Keterangan:

...<sup>1</sup>): Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

...<sup>2</sup>): Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

...<sup>3</sup>): Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta