

FAKTOR-FAKTOR YANG MEMPENGARUHI KUALITAS HIDUP PENYANDANG DIABETES MELITUS TIPE II DI WILAYAH KERJA PUSKESMAS MINGGIR

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ABSTRAK

Latar Belakang: Diabetes Melitus adalah penyakit metabolik yang ditandai dengan peningkatan kadar glukosa darah akibat ketidakmampuan tubuh memproduksi insulin. Diabetes tidak dapat disembuhkan sehingga perawatan yang tepat sangat penting untuk menjaga kualitas hidup.

Tujuan: Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi kualitas hidup penyandang diabetes melitus tipe II.

Metode: Penelitian ini menggunakan metode kuantitatif analitik korelatif dengan pendekatan *cross-sectional*. Populasi penelitian adalah penyandang diabetes melitus tipe II di wilayah kerja Puskesmas Minggir. Sampel sebanyak 263 orang ditentukan dengan teknik *purposive sampling*. Penelitian dilaksanakan dari November 2024 hingga April 2025. Analisis data dilakukan menggunakan uji *Chi Square* (X^2) dan regresi logistik.

Hasil: Hasil uji *Chi Square* (X^2) didapatkan nilai bermakna usia ($p=0,007$), pendidikan ($p=0,008$), status pernikahan ($p=0,014$), komplikasi DM ($p=0,004$), lama menyandang DM ($p=0,007$), kecemasan ($p=0,025$). Tidak terdapat hubungan bermakna jenis kelamin ($p=0,332$) dan pekerjaan ($p=0,751$). Hasil uji *Logistic Regrrretion* pendidikan memiliki nilai tertinggi ($p=0,014$), lama menyandang DM ($p=0,038$), komplikasi DM ($p=0,171$), status pernikahan ($p=0,227$), usia ($p=0,098$).

Kesimpulan: Terdapat hubungan bermakna antara usia, pendidikan, status pernikahan, komplikasi, lama menyandang DM, kecemasan dengan kualitas hidup. Faktor-faktor yang paling mempengaruhi kualitas hidup adalah pendidikan, lama menyandang DM, dan komplikasi DM.

Kata Kunci : diabetes melitus tipe II, kualitas hidup

**FACTORS THAT AFFECT QUALITY OF LIFE IN PEOPLE
WITH DIABETES MELITUS TYPE II IN WORKING AREA
OF MINGGIR HEALTH CENTER**

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ABSTRACT

Background: Diabetes Mellitus is a metabolic disease characterized by increased blood glucose levels due to the body's failure to produce insulin. Diabetes cannot be cured, so proper treatment is essential to maintain quality of life.

Objective: This study aims to determine the factors that influence the quality of life of people with type II diabetes mellitus.

Method: This study uses a quantitative correlative analytical method with a cross-sectional approach. The study population was people with type II diabetes mellitus in the Minggir Health Center work area. A sample of 263 people was determined using a purposive sampling technique. The study was conducted from November 2024 to April 2025. Data analysis was carried out using the Chi Square (X^2) test and logistic regression.

Results: The results of the Chi Square (X^2) test obtained significant values for age ($p = 0.007$), education ($p = 0.008$), marital status ($p = 0.014$), DM complications ($p = 0.004$), duration of DM ($p = 0.007$), anxiety ($p = 0.025$). There was no significant relationship between gender ($p=0.332$) and occupation ($p=0.751$). The results of the Logistic Regression test showed that education had the highest value ($p=0.014$), duration of DM ($p=0.038$), complications of DM ($p=0.171$), marital status ($p=0.227$), age ($p=0.098$).

Conclusion: There is a significant relationship between age, education, marital status, complications, duration of DM, anxiety and quality of life. The factors that most influence quality of life are education, duration of DM, and complications of DM.

Keywords: type II diabetes mellitus, quality of life