

**PENGARUH EDUKASI MELALUI *MESSAGE REMINDER*
TERHADAP *DIABETES SELF MANAGEMENT SCORE*
PADA PENYANDANG DM TIPE 2
DI PUSKESMAS MLATI II**

Rifqi Fadhilauddin¹, Harmilah², Catur Budi Susilo³, Rosa Delima E.⁴

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: rifkifadhilauddin924@gmail.com

ABSTRAK

Latar Belakang: Diabetes melitus (DM) tipe 2 merupakan penyakit kronis yang membutuhkan manajemen diri jangka panjang agar komplikasi dapat dicegah. Namun, banyak penyandang DM tipe 2 belum memiliki kesadaran dan keterampilan manajemen diri. Pemberian edukasi secara berkelanjutan merupakan salah satu upaya untuk meningkatkan kemampuan manajemen diri, salah satunya melalui teknologi sederhana seperti *message reminder*.

Tujuan: Diketuinya pengaruh edukasi melalui *message reminder* untuk monitoring *diabetes self management score* pada penyandang DM tipe 2.

Metode: Penelitian ini menggunakan *quasi experiment* dengan desain *prepost test with control group*. Teknik sampling menggunakan *probability sampling* dengan *simple random sampling* menggunakan *spinwheel* dengan jumlah 31 responden. Uji analisis data menggunakan analisis univariat dan bivariat berupa uji *Wilcoxon* dan *mann whitney*.

Hasil: Terjadi peningkatan skor DSMQ pada kelompok intervensi yang diberikan *message reminder* sejumlah 31 responden dengan nilai cukup 6,5% dan baik 93,5%. Hasil penelitian menunjukkan $p=0.000$ ($p<0.05$) yang berarti ada perbedaan bermakna antara kelompok intervensi dengan *message reminder* terhadap kelompok kontrol yang hanya melaksanakan program prolanis.

Kesimpulan: Ada pengaruh edukasi melalui *message reminder* terhadap *diabetes self management score* pada penyandang DM tipe 2 di Puskesmas Mlati II

Kata Kunci: *Message reminder*, diabetes melitus tipe 2, DSMQ, edukasi, manajemen diri

¹Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

^{2,3,4}Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

THE EFFECT OF EDUCATION THROUGH *MESSAGE REMINDERS* ON DIABETES SELF-MANAGEMENT SCORE AMONG TYPE 2 DIABETES PATIENTS AT MLATI II PUBLIC HEALTH CENTER

Rifqi Fadhilauddin¹, Harmilah², Catur Budi Susilo³, Rosa Delima E.⁴

Department of Nursing Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: rifkifadhilauddin924@gmail.com

ABSTRACT

Background: Type 2 diabetes mellitus is a chronic disease that requires long-term self-management to prevent complications. Unfortunately, many patients lack awareness and self-management skills. Continuous education, one of which is through message reminders, can help improve these abilities.

Purpose: Knowing the effect of education through *message reminders* for monitoring diabetes self management score in people with type 2 diabetes..

Methods: This study is a quasi-experiment with pre-post test design and control group. The sample was selected by simple randomization using a spinwheel, with a total of 31 respondents. Data analysis used Wilcoxon and Mann-Whitney tests.

Results: There was an increase in DSMQ scores in the intervention group who received reminder messages, with 6.5% in the fair category and 93.5% in the good category. The results showed $p=0.000$ ($p<0.05$), meaning that there was a significant difference between the intervention and control groups who only attended the prolanis program.

Conclusion: There is an effect of education through *message reminders* on diabetes self management score in people with type 2 DM at Mlati II Health Center.

Keywords: Message reminder, Type 2 Diabetes Mellitus, DSMQ, Education, Self Management

¹Student of Nursing Department of Poltekkes Kemenkes Yogyakarta

^{2,3,4}Lecturer of Nursing Department of Poltekkes Kemenkes Yogyakarta