ABSTRACT

CORRELATION BETWEEN COPING STRATEGY AND QUALITY OF LIFE IN TYPE 2 DIABETES MELLITUS PATIENTS IN WORKING AREA OF PUBLIC HEALTH CENTER MULYOREJO, SURABAYA

A Correlational Study

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Introduction: Type 2 Diabetes Mellitus is a metabolic disorder characterized by an increase in blood glucose due to a decrease in insulin secretion by pancreatic beta cells and impaired insulin function (insulin resistance). The existence of this disease lowers the quality of life of the patients. The objective of this study was to determine the correlation between coping strategy and quality of life of patients with diabetes mellitus type 2 in Public Health Center Mulyorejo Surabaya.

Methods: This study used cross-sectional design, examining correlation between coping strategy and quality of life of patients with diabetes mellitus type 2. Population in this study comprised 346 patients from January to March 2016. The independent variable of this study was coping strategy, while the dependent variable was the quality of life. Samples comprised 30 respondents taken by purposive sampling. Data were collected using structured questionnaire. This study was analyzed with Spearman rho test.

Results: It showed that correlation between coping strategy and quality of life was in moderate category. Analysis of correlation between coping strategy and quality of life showed p = 0.001 with significance value of p = 0.005. This suggests that coping strategy is related to quality of life. The correlation coefficient (r) was 0.574, showing that the strength of relationship between coping strategy and quality of life was moderate.

Discussion: It can be concluded that coping strategy is related to the quality of life in patients with type 2 diabetes. Further studies are needed to determine the depth of correlation between both variables in qualitative research.

Keywords: diabetes mellitus type 2, coping strategy, quality of life.