ABSTRACT

THE CORRELATION BETWEEN FAMILY SUPPORT WITH EXERCISE SELF-EFFICACY OF TYPE 2 DIABETES MELLITUS

Cross Sectional Study in Puskesmas Mojo Surabaya

By: Nungky Dwita Sari

Introduction: Number of client with Diabetes Mellitus increase each year, one of which is caused by low exercise self-efficacy so family support is required to motivate doing physical activity.

Method: This study was aimed to understand the correlation between the family support with exercise self-efficacy in Puskesmas Mojo Surabaya. Design used in this study was correlational with cross sectional approach. The population was all clients type 2 diabetes mellitus who treat at Puskesmas Mojo Surabaya as many as 94 respondents. The sampling technique in this study is the purposive sampling. Data were collected using questionnaire, and the analyzed using Spearman-rho with $\alpha \leq 0,05$ level of significance.

Result: The result showed that family support has correlation to exercise self-efficacy ($p=0,00$ and $r=0,522$).

Discussion: Future studies are expected providing information to clients and client families related to the importance of physical activity in DM Type 2 clients and motivate family members to support DM family members in order to increase self-efficacy in physical activity.

Keywords: Family support, self-efficacy in physical activity, Type 2 DM