

## ABSTRAK

**Eliza Kusuma Wardhani, 110810023, Manajemen Diabetes pada Wanita Dewasa Madya Penderita Diabetes Mellitus (Tipe 2) Ditinjau dari Teori *Health Belief Model* (HBM), Skripsi, Fakultas Psikologi Universitas Airlangga Surabaya, 2012. xviii + 132 halaman, 23 lampiran**

Penelitian ini bertujuan untuk melihat dinamika komponen *Health Belief Model* pada wanita dewasa madya penderita diabetes mellitus (tipe 2) yang sudah melakukan manajemen diabetes. Adapun komponen *Health Belief Model* tersebut antara lain *perceived susceptibility*, *perceived severity*, *perceived benefit*, *perceived barriers*, *cues to action*, *self-efficacy* dan aspek sosio-demografis.

Penelitian ini menggunakan metode kualitatif deskriptif. Subjek penelitian ini adalah sepuluh wanita dewasa madya penderita diabetes mellitus (tipe 2) dan telah melakukan manajemen diabetes. Subjek dipilih secara *purposive sampling* yang direkrut dari Instalasi Rawat Jalan Penyakit Dalam (*internist*) RSUD dr. Soetomo. Metode penggalan data yang digunakan adalah diskusi kelompok terfokus. Hasil diskusi diubah menjadi transkrip verbatim untuk selanjutnya di analisis menggunakan analisis tematik. Teknik analisis ini terdiri dari tiga tahapan yaitu *open coding*, *axial coding*, *selective coding*.

Hasil penelitian ini menunjukkan bahwa manajemen diabetes dilakukan karena adanya persepsi tentang ancaman suatu penyakit (*threat*) dan harapan dari suatu tindakan (*hope*). Persepsi *threat* yang dimiliki subjek yaitu merasa rentan terhadap dampak diabetes dan ketakutan akan komplikasi pada beberapa organ tubuh (*susceptibility*) dan merasa bahwa dampak diabetes sudah mulai menyerang aspek fisik dan sosial (emosi, relasi sosial, dan pandangan masyarakat) (*severity*). *Hope* yang dimiliki subjek antara lain kondisi menjadi lebih sehat dan terhindar dari komplikasi (*benefit*), adanya dukungan keluarga yang besar terhadap kondisi subjek (*less barrier*), dan keinginan untuk menerima kondisi diri apa adanya serta keyakinan diri yang tinggi untuk mampu menjalani manajemen diabetes (*self-efficacy*). Semua hal tersebut tidak terlepas dari hal-hal yang mempengaruhi seperti anjuran para ahli, dukungan dari sesama penderita dan adanya kejadian terdahulu seperti yang dialami subjek saat ini (*cues to action*) ditambah pengaruh aspek sosio-demografis yang mempengaruhi subjek, seperti tingkat pendidikan, faktor usia, tingkat ekonomi serta peran sebagai ibu rumah tangga. Pendekatan *Health Belief Model* mampu mengungkap alasan-alasan seseorang dalam melakukan manajemen diabetes sehingga pendekatan ini sangat direkomendasikan untuk program penyuluhan bagi penderita diabetes mellitus yang belum melakukan manajemen diabetes atau bagi penderita yang baru didiagnosa diabetes mellitus.

Kata kunci: manajemen diabetes, diabetes mellitus tipe 2, *Health Belief Model* (HBM)

Daftar Pustaka, 35 (1984-2011)

**ABSTRACT**

**Eliza Kusuma Wardhani, 110810023, *Diabetes Management on Middle-aged Women Who has been Diagnosed with Type 2 Diabetes Mellitus Using Health Belief Model (HBM) Approaching, Thesis, Faculty of Psychology Airlangga University Surabaya, 2012. xviii + 132 page, 22 appendix***

*This study aims to determine how the components's dynamic of Health Belief Model on middle-aged women who has been diagnosed with type 2 diabetes mellitus and doing management of diabetes as healthy behaviors. There are some Health Belief Model components which are used in this study, they are perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cues to action, self-efficacy and socio-demographic aspects.*

*This study uses descriptive qualitative method. The participants are ten of middle-aged women who suffering from diabetes mellitus and doing management of diabetes. Participants are selected by purposive sampling and were recruited from Internist-Outpatient Departement RSUD Dr. Soetomo Surabaya. Data mining methods which are used was focused group discussions. All discussions were transcribed verbatim and the method choosen for analysis was thematic analysis. This technique of analysis consists of three stages, they are open coding, axial coding, selective coding.*

*The results of this study show that participants are doing diabetes management because there are any perceptions of the threat of a disease and any expectations from an action. Participants's perceptions of the threat are they feel a vulnerable of diabetes's effects and fearness of complication in some vital organ (susceptibility) and feel that diabetes can have serious effects on physical and social aspects of participants's life (severity). Then, there are any participants's expectations if they doing diabetes management such as getting better and avoiding complications (benefit), family support (less barrier), and willing to accept their condition no matter what happens, also believe their self to obedience diabetes management's behavior (self-efficacy). All of them are influenced by expert's suggestion (doctors, nutrisionist, etc), support group, and same previous life event that happened (cues to action), also socio-demographic aspects such as education's level, age, economic's status and women's role in domestic level. Health Belief Model's approaching looks good to knowing the reasons of why are they doing management of diabetes. So that's way, this approaching is very useful to make a counselling's program for diabetes patients who didn't do diabetes management yet or newly diagnosed patients.*

*Keywords: diabetes management, diabetes mellitus tipe 2, Health Belief Model (HBM)*

*Bibliography, 35 (1984-2011)*