

improving of self care behavior and fasting blood glucose in people with type 2
Diabetes Mellitus

ABSTRAK

PENGARUH *HEALTHY LIFESTYLE PROGRAM THROUGH HEALTH PROVIDER AND PEER SUPPORT (HELPRO-HP)* TERHADAP PERILAKU PERAWATAN DIRI DAN GULA DARAH PUASA PADA KLIEN DENGAN DIABETES MELITUS

Oleh : Wahyu Sukma Samudera

Latar belakang: Diabetes Melitus tipe 2 merupakan salah satu penyakit kronis yang mengalami peningkatan angka kejadian di Indonesia dan di dunia. Penerapan gaya hidup sehat merupakan bagian dari perawatan Diabetes Melitus untuk mencapai kontrol glikemik optimal dan mencegah komplikasi. Tujuan: Penelitian ini dilakukan untuk menganalisis pengaruh *healthy lifestyle program through health provider and peer support (HELPRO-HP)* terhadap perilaku perawatan diri dan gula darah puasa pada klien dengan Diabetes Melitus. Metode: Rancangan penelitian yang digunakan adalah *quasy experiment pre post test design* dengan kelompok intervensi dan kontrol. 178 responden dengan Diabetes Melitus tipe 2 yang terbagi menjadi dua kelompok, yaitu: 89 responden kelompok intervensi diberikan intervensi HELPRO-HP selama 8 minggu, dan 89 responden kelompok kontrol hanya diberikan *usual care*. Hasil: 163 responden (83 kelompok intervensi

dan 80 kelompok kontrol) mengikuti *pre* dan *post test*. Peningkatan nilai *mean* perilaku perawatan diri didapatkan pada kedua kelompok. Namun, peningkatan lebih besar pada kelompok intervensi ($p = 0.000$). Hasil uji statistik *paired t test* pada kelompok kontrol, menunjukkan tidak terdapat perbedaan signifikan ($p = 0.249$). Perbaikan gula darah puasa hanya didapatkan pada kelompok intervensi ($p = 0.020$). Kesimpulan: HELPRO-HP merupakan intervensi yang digunakan untuk meningkatkan perilaku perawatan diri dan memperbaiki kadar gula darah puasa pada klien dengan Diabetes Melitus.

Kata Kunci: Diabetes Melitus tipe 2; gaya hidup sehat; gula darah puasa; perawat; perilaku perawatan diri; tenaga kesehatan.

ABSTRACT

EFFECT OF HEALTHY LIFESTYLE PROGRAM THROUGH HEALTH PROVIDER AND PEER SUPPORT (HELPRO-HP) ON SELF CARE BEHAVIOR AND FASTING BLOOD GLUCOSE IN PEOPLE WITH TYPE 2 DIABETES MELLITUS

By: Wahyu Sukma Samudera

Background: Type 2 Diabetes Mellitus (T2DM) was one of chronic disease that increased of prevalence in the world dan Indonesia. Healthy lifestyle is a part of Diabetes treatment for achieving of optimum glyceimic control dan to prevent complication of T2DM. Purpose: This research was conducted to analize of effect

of healthy lifestyle program through health provider and peer support (HELPRO-HP) on self care behavior and fasting blood glucose in people with T2DM. Methods: Research design was used quasy experiment pre post test design with intervention and control groups. 178 participants with T2DM were divided into 2 groups, 89 participants as group of intervention was given HELPRO-HP for 8 weeks and 89 participant as group of control only usual care. Results: 163 participants (83 participants in group of intervention and 80 participants in group of control) have finished pre and post test. An increase of mean value of self care behavior was obtained in both of group. However, increase mean of value of self care behavior was higher in group of intervention ($p = 0.000$). Results of statistical test of paired t test in group of control was not showed signicantly of different ($p = 0.249$). Improve of fasting blood glucose only in group of intervention ($p = 0.020$). Conclusion: HELPRO-HP is an intervention that use to increase of self care behavior and to improve of fasting blood glucose in people with T2DM

Keywords: Fasting blood glucose; healthy lifestyle; nurse; peer support; self care behavior; type 2 Diabetes Mellitus.