

**ABSTRACT**

**Effectiveness of Self-Management of Diabetes on Self-Empowerment in Patients with Type 2 Diabetes Mellitus**

**Background:** The ability to self-manage was an important thing that must be owned by type 2 DM patients. The purpose of this review was analyse the effectiveness of different self-management methods given to type 2 diabetes mellitus patients to improve self-empowerment. **Methods:** Five database was searched include Scopus, Science Direct, ProQuest, CINAHL, and SAGE. Keywords were adjusted to the Medical Subject Heading (MeSH), namely “Self-management,” “Type 2 Diabetes”, “HbA1c,” and “HRQOL.” The searched process was limited to English and focused from 2015-2020. The protocol used was from Joanna Briggs Institute Guideline to select and determined the quality of the summarized studies. The reporting guide used the checklist from PRISMA. **Results:** There were 30 articles selected in the final search result, contained several different self-management methods. Goal setting oriented effective for T2DM patients to set their plan and target. Family oriented self-management effective to gain support from family to help and take care patients condition. Acceptance and commitment therapy effective to reduce stress. Guiding the patient to accept the condition and treatment for diabetes in their life. Strength training exercise provide physical activity which patient can choose and helps to control blood sugar and blood pressure. **Conclusion:** Successful self-management defined from a method which combined and adapting patient condition. Summary from the review shows that a combination of self-management method can control the level of HbA1c and gradually change the behaviour of patients to become more healthy and improve their quality of life.

**Keywords:** self-empowerment, self-management, type 2 diabetes mellitus