

ABSTRAK

Ayu yanifia R H, 111011234, Hubungan *Self-Management Of Diabetes Terhadap Psychological Well-Being* Penderita Diabetes Mellitus Tipe 2 Pada Dewasa Akhir, Skripsi, Fakultas Psikologi Universitas Airlangga Surabaya, 2018. xx + 125 halaman, 5 lampiran.

Penelitian ini bertujuan untuk mengetahui hubungan self-management of diabetes terhadap psychological well-being penderita diabetes mellitus tipe 2 pada dewasa akhir. Self-management of diabetes merupakan kegiatan melakukan pengaturan serangkaian tugas yang harus dilakukan oleh orang yang menderita penyakit diabetes mellitus tipe 2, yaitu management medis, management peran, dan management emosi. Psychological well-being yang berkaitan dengan perkembangan dan makna realisasi diri (self-realization) pada individu untuk mencapai fully functioning yang terdiri dari enam aspek self-acceptance, positive relation with others, personal growth, purpose in life, environtmental mastery, dan autonomy.

Penelitian dilakukan pada 51 orang penderita diabetes Mellitus tipe 2 usia dewasa akhir (≥ 60 tahun). Teknik pengumpulan data pada penelitian ini menggunakan dua jenis, yaitu self-adminstered kuesioner survey dan dengan menggunakan bantuan aplikasi google form. Alat ukur yang digunakan adalah skala self-management of diabetes yang disusun sendiri oleh peneliti, dan skala Ryff's psychological well-being yang diadaptasi dari Wasono (2015). Data diolah dengan menggunakan SPSS 16 for windows dengan menggunakan teknik korelasi product moment.

Hasil analisis dari data yang diperoleh adalah nilai koefisien korelasi $r = 0,692$ dengan taraf signifikansi $\rho = 0,000$, dari hasil tersebut dapat disimpulkan bahwa terdapat hubungan signifikan yang kuat antara self-management of diabetes dengan psychological well-being penderita diabetes tipe 2 pada dewasa akhir.

Kata kunci: Diabetes Mellitus tipe 2, Dewasa akhir, self-management of diabetes, psychological well-being.

Daftar pustaka, 79(1989-2017)

ABSTRAK

Ayu yanifia R H, 111011234, Correlation between Self-Management Of Diabetes and Psychological Well-Being in Patient Diabetes Mellitus Type 2 Late Adult, Thesis, Faculty of Psychology, Universitas Airlangga, 2018. xx + 125 pages, 5 appendices.

This study aims to determine Correlation between Self-Management Of Diabetes and Psychological Well-Being in Patient Diabetes Mellitus type 2 Late Adult. Self-Management Of Diabetes is an activity to regulate a series of tasks that must be done by people suffering from type 2 diabetes mellitus, namely medical management, role management, and emotional management. Psychological well-being associated with the development and meaning of self-realization in individuals to achieve fully functioning which consists of six aspects of self-acceptance, positive relations with others, personal growth, purpose in life, environmental mastery, and autonomy.

The study was conducted on 51 people with diabetes Mellitus type 2 late adult age (≥ 60 years). Data collection techniques in this study using two types, namely self-administered survey questionnaire and by using the help of google form application. The measuring tool used is a self-management of diabetes scale composed by the researchers, and the Ryff's psychological well-being scale adapted from Wasono (2015). Data processed by using SPSS 16 for windows using product moment correlation technique.

Analysis of data obtained a correlation coefficient score $r = 0.692$ with significance level $p = 0.000$, from the results it can be concluded that there is a strong significant relationship between self-management of diabetes with psychological well-being type 2 diabetics in late adulthood.

Keyword: Diabetes Mellitus tipe 2, Late adult, self-management of diabetes, psychological well-being.

References, 79(1989-2017)