

**ABSTRAK**

**PENGARUH EDUKASI KESEHATAN PERAWATAN KAKI TERHADAP  
PENGETAHUAN, SIKAP DAN TINDAKAN PENCEGAHAN ULKUS  
KAKI DIABETIK**

Penelitian *Quasy Eksperimen* di Puskesmas Wilayah Kota Bangkalan

Oleh: Munali

**Latar Belakang:** Penderita *Diabetes melitus* beresiko 15% terjadinya ulkus kaki diabetik. Ulkus kaki diabetik tidak akan terjadi bila penderita DM mempunyai pengetahuan dan mau menjaga serta merawat kaki secara rutin. Tujuan penelitian ini adalah untuk mengetahui pengaruh edukasi kesehatan terhadap pengetahuan, sikap dan tindakan pencegahan ulkus kaki diabetik. **Metode.** Rancangan penelitian *quasy experiment pre test - post test control group design*. Sampel adalah penderita DM yang berkunjung ke Puskesmas Kota Bangkalan, teknik pengambilan sampel *Purposive Sampling* dengan besar sampel sebanyak 35 orang pada kelompok perlakuan dan 35 orang kelompok kontrol. Variabel independen edukasi kesehatan, variabel dependen pengetahuan, sikap dan tindakan pencegahan ulkus kaki diabetik. Pengumpulan data dengan kuesioner. Data dianalisis dengan menggunakan *Wilcoxon Sign Rank Test dan Mann-Whitney Test*. **Hasil.** Hasil penelitian menunjukkan : ada pengaruh edukasi kesehatan terhadap pengetahuan ( $p= 0,000$ ), sikap ( $p= 0,000$ ) dan tindakan ( $p= 0,000$ ) pencegahan ulkus kaki diabetik. **Diskusi.** Pendidikan kesehatan sebagai upaya persuasi terhadap penderita DM agar bertanggung jawab terhadap kesehatannya dengan terlebih dahulu meningkatkan pengetahuan dan sikap mereka. Penelitian selanjutnya harus menggunakan instrumen yang lebih dapat diandalkan namun sederhana untuk mengukur pengetahuan serta menghindari bias pengukurannya.

Kata kunci: edukasi kesehatan, pengetahuan, sikap, tindakan, penderita DM

**ABSTRACT**  
**THE INFLUENCE OF HEALTH CARE EDUCATION EDUCATION ON  
KNOWLEDGE, ATTITUDE AND PREVENTION OF DIABETIC FOOT  
ULCERS**

Quasy Experiment Research in Bangkalan City Health Center  
By: Munali

**Background:** People with diabetes mellitus are at 15% risk of developing diabetic foot ulcers. Diabetic foot ulcers can be prevented if people with DM have the knowledge, positive attitude and thus able to perform the diabetic foot care. The purpose of this study was to determine the effect of health education on knowledge, attitudes and preventive measures for diabetic foot ulcers of people with diabetes mellitus. **Method :** Quasy experiment research design pre test post test control group design. Sample was DM patients who visited the Bangkalan City Health Center, recruited by Purposive Sampling technique with sample size of 35 people in the treatment group and 35 person in the control group. Independent variable was the health education , whereas the dependent variables were knowledge, attitudes and preventive measures of diabetic foot ulcers. Data were collected with questionnaires and then analyzed using the Wilcoxon Sign Rank Test and Mann-Whitney Test. **Results.** The results showed that there was an effect of health education on knowledge ( $p = 0,000$ ), attitudes ( $p = 0,000$ ) and preventive actions ( $p = 0,000$ ) of diabetic foot ulcers. **Discussion.** Health education is important as an effort to persuade DM patients to take charge on their knowledge and attitude foot care by firstly enhancing. Further study should use a more reliable yet simple instruments to measure participants knowledge to avoid measurement bias.

**Keywords:** health education, knowledge, attitudes, prevention diabetic foot ulcers, DM patients