

## ABSTRACT

Diabetes Mellitus (DM) is one of the four priorities for Non-Contagious Diseases in the world. Diabetes Mellitus Type 2 can affect the quality of life from the sufferers and can be at risk of causing complications, these problems can be solved by applying self-management to their disease. The purpose of this research was to determine the description and relationship of self-management diabetes behavior along with the five aspects there in with blood sugar levels in Type 2 Diabetes Mellitus patients at Pucang Sewu Health Center, Surabaya.

This research used observational study design using cross sectional approach. The population in this research were outpatients with Type 2 Diabetes Mellitus in Pucang Sewu Health Center, Surabaya. Data collection using random sampling technique and obtained 79 respondents. The research data was obtained by measuring random blood sugar, interviews related to smoking habits, identifying obesity status, using stress management and SDSCA (The Summary of Reputation Self-Care Activities) questionnaires which included aspects of settings of diet, physical activity/exercise, self/foot care, medication compliance, and monitoring of blood sugar.

The research found that some respondents had a good level of self-management (59.5%). In several aspects such as settings of diet, and medication compliance, most respondents were included in the good category, but in physical activity/ exercise, self/foot care, and monitoring of blood sugar aspect were still in the less category. In addition, most of the respondents had normal blood glucose levels (50.6%).

There is a relationship between self-management behavior (settings of diet, physical activity/exercise, self/foot care, and medication compliance) with blood glucose levels in patients with Type 2 Diabetes Mellitus in Pucang Sewu Health Center, Surabaya.

Keywords: Self-management, Blood Glucose Levels, Type 2 Diabetes Mellitus.

**ABSTRAK**

Diabetes Mellitus (DM) menjadi satu dari empat prioritas Penyakit Tidak Menular di dunia. Penyakit DM Tipe 2 dapat mempengaruhi kualitas hidup penderitanya dan dapat beresiko menimbulkan terjadinya komplikasi, masalah tersebut dapat dikendalikan salah satunya dengan menerapkan perilaku *self-management* terhadap penyakitnya. Penelitian ini bertujuan untuk mengetahui gambaran serta hubungan perilaku self-management beserta lima aspek didalamnya dengan kadar gula darah pada pasien Diabetes Mellitus Tipe 2 di Puskesmas Pucang Sewu, Surabaya.

Penelitian ini menggunakan desain studi observasional dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah pasien rawat jalan yang menderita Diabetes Mellitus Tipe 2 di Puskesmas Pucang Sewu, Surabaya. Pengambilan data menggunakan teknik *random sampling* dan didapatkan 79 responden. Data penelitian didapatkan dengan pengukuran gula darah acak, wawancara terkait kebiasaan merokok, identifikasi status obesitas serta menggunakan kuesioner management stress dan SDSCA (*The Summary of Diabetes Self-Care Activities*) yang meliputi aspek pengaturan pola makan, aktivitas fisik/olahraga, perawatan diri/kaki, kepatuhan konsumsi obat, dan monitoring gula darah. Analisis data menggunakan uji statistik *chi-square*.

Hasil penelitian didapatkan bahwa sebagian responden memiliki tingkat *self-management* baik (59.5%). Beberapa aspek seperti pengaturan pola makan, dan kepatuhan konsumsi obat, sebagian besar responden termasuk dalam kategori baik, namun pada aspek aktivitas fisik/olahraga, perawatan diri/kaki, dan monitoring gula darah masih dalam kategori kurang. Selain itu, sebagian besar responden memiliki kadar gula darah yang terkontrol (50,6%).

Terdapat hubungan antara perilaku *self-management* (pengaturan pola makan, aktivitas fisik/olahraga, perawatan diri/kaki, dan kepatuhan minum obat) dengan kadar gula darah pada pasien Diabetes Mellitus Tipe 2 di wilayah kerja Puskesmas Pucang Sewu Surabaya.

**Kata Kunci:** Self-management, Kadar Gula Darah, Diabetes Mellitus Tipe 2