

**ABSTRAK****MODEL PERILAKU PENCEGAHAN ULKUS DIABETIKUM PADA PASIEN DIABETES MELLITUS DI RSUD SIDOARJO**

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**Pendahuluan:** Ulkus diabetikum merupakan salah satu komplikasi yang sering terjadi pada pasien diabetes mellitus. Tujuan dari penelitian ini mengembangkan model perilaku pencegahan ulkus diabetikum dengan mengintegrasikan dua teori yaitu teori Lawrance Green dan *theory of planned behavior*. **Metode:** Penelitian ini merupakan penelitian *explanative observational* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah pasien diabetes mellitus yang menjalani pengobatan di klinik penyakit dalam RSUD Sidoarjo. Besar sampel sebesar 133 responden. Teknik sampling yang digunakan adalah *purposive sampling*. Variabel penelitian yaitu faktor predisposisi, faktor pendukung, faktor pendorong, sikap terhadap perilaku, norma subjektif dan persepsi mengontrol diri, niat, perilaku pencegahan ulkus diabetikum dan faktor risiko ulkus diabetikum. Analisis data menggunakan *Partial Least Square*. **Hasil:** Faktor predisposisi (pengetahuan), faktor pendukung (ketersediaan fasilitas kesehatan dan aksesibilitas sumber kesehatan) dan faktor pendorong (peran petugas kesehatan dan dukungan keluarga) secara signifikan mempengaruhi faktor utama (sikap terhadap perilaku, norma subjektif dan persepsi mengontrol diri) dengan nilai T statistik  $> 1,96$ . Faktor utama mempengaruhi niat ( $T= 48,650$ ) dan niat mempengaruhi perilaku ( $T= 4,891$ ). **Diskusi:** Niat dipengaruhi oleh sikap terhadap perilaku, norma subjektif dan persepsi mengontrol diri. Niat yang baik dapat meningkatkan perilaku pencegahan ulkus diabetikum. Peningkatan perilaku pencegahan ulkus diabetikum dapat dilakukan dengan edukasi rutin kepada pasien dan keluarga tentang ulkus diabetikum dan pencegahannya melalui penatalaksanaan diabetes mellitus yang tepat, modifikasi gaya hidup dan perawatan kaki yang teratur dan membutuhkan keterlibatan aktif dari keluarga dan petugas kesehatan.

Kata kunci: ulkus diabetikum, pencegahan

**ABSTRACT****MODEL OF DIABETIC FOOT ULCER PREVENTION BEHAVIOR IN  
DIABETIC PATIENT IN RSUD SIDOARJO**

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**Introduction:** Diabetic foot ulcer is one of the most complications that often occur in patients with diabetes mellitus. This study aimed to develop a behavioral model for diabetic foot ulcer prevention by integrating two theories, namely Lawrance Green's theory and the theory of planned behavior. **Method:** This research is an explanative observational study with a cross-sectional approach. The population in this study were patients with diabetes mellitus who underwent treatment at the internal medicine clinic in RSUD Sidoarjo. The number of samples in this study amounted to 133 respondents, and used purposive sampling. The variables in this study were predisposing factors, enabling factors, reinforcing factors, attitudes toward behavior, subjective norms and perceived behavior control, intention, behavioral prevention of diabetic ulcers and risk factors for diabetic foot ulcers. Data analysis used Partial Least Square. **Result:** Predisposing factor (knowledge), enabling factors (availability of health facilities and accessibility of health resources) and reinforcing factors (the role of health workers and family support) significantly influence the main factors (attitudes toward behavior, subjective norms and perceived behavioral control) with T statistic values  $> 1,96$ . The main factors influence intention ( $T = 48,650$ ) and intention influence behavior ( $T = 4,891$ ). **Discussion:** The intention is influenced by attitudes toward behavior, subjective norms and perceived behavioral control. Good intentions can improve the diabetic foot ulcer prevention behavior. Increasing diabetic foot ulcer prevention behavior can be done by routine education to patients and families about diabetic foot ulcer and its prevention through proper management of diabetes mellitus, lifestyle modification, and regular foot care. Family involvement in the treatment process and the active role of health care workers are needed to improve the behavior of patients in preventing diabetic foot ulcers.

Keywords: diabetic foot ulcer, prevention