ABSTRAK

PENGARUH DIABETES SELF MANAGEMENT EDUCATION (DSME) TERHADAP PENGETAHUAN, SIKAP, SELF EFFICACY DIABETES MELITUS TIPE 2

Penelitian Quasy Experimental di Puskesmas Bulak Banteng

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Kata Kunci. Diabetes Self Management Education and (DSME), Pengetahuan, Sikap, Self Efficacy.
ABSTRACT

THE EFFECT OF DIABETES SELF MANAGEMENT EDUCATION (DSME) TO THE KNOWLEDGE, ATTITUDE, AND SELF EFFICACY OF TYPE 2 DIABETES MELITUS

A Quasy-Experimental Study in PUSKESMAS (Public Health Center) Bulak Banteng

By: Melan Apriaty Simbolon

Diabetes patients still had a difficult time doing self treatment based on the medical information understood. Type 2 Diabetes Melitus is a chronic disease that requires a appropriate and discipline treatment in order to prevent the complication that occurs both in hospital and in patients’ home. One of the several significant and effective aspects in generating treatment on diabetes melitus patients is to spread education in form of Diabetes Self-Management Education (DSME). This study aims to discover the effect of the application of Diabetes Self-Management Education (DSME) to the diabetes melitus patients’ knowledge, attitude, and self efficacy. As the method, the research design applied in this study was Quasi Experimental Design: two group pre-posttest control design. This study required 57 respondents in PUSKESMAS Bulak Banteng as the population of the study. This study also applied purposive sampling as the sampling technique. 37 respondents were grouped into a treatment group and the other 37 respondents were grouped into a control group. The instrument applied in this study was the standard operating procedure (SOP) of Diabetes Self-Management Education (DSME) by distributing questionnaire sheets of knowledge, attitude, and self-efficacy. This study also applied the analysis using Wilcoxon Signed Rank Test and Mann Whitney U rest statistic test by a level of significance of $\alpha < 0.005$. The result of the study was in the score of good knowledge, there was an increase from 35.13% to 97.29%. It also occurred in the score of good attitude, from 27.02% to 81.08%. The score of self efficacy from high category of 2.7% to 32.43%. The result in Wilcoxon Signed Rank Test statistic analysis achieved was $p = 0.000$ which means there was a DSME application to knowledge, attitude, and self efficacy of Type 2 Diabetes Melitus patients. Thus, nurses can generate Diabetes Self-Management Education (DSME) as a form of self education intervension and fixed procedure of discharge planning to patients in PUSKESMAS Bulak Banteng.

Keywords: Diabetes Self-Management Education (DSME), Knowledge, Attitude, Self-Efficacy.