

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

Penelitian *Quasy Experimental* di Puskesmas Bulak Banteng

Oleh: Melan Apriaty Simbolon

Penderita Diabetes masih kesulitan melakukan perawatan mandiri dari informasi kesehatan yang sudah di dapat dan didengar. Salah satu aspek yang memegang peranan penting dan efektif dalam pengelolaan diabetes melitus adalah pemberian edukasi dalam bentuk *Diabetes Self Management Education* (DSME). **Tujuan** penelitian ini untuk mengetahui pengaruh penerapan *Diabetes Self Management Education* (DSME) terhadap pengetahuan, sikap dan *self efficacy* penderita DM Tipe 2. **Metode.** Desain penelitian ini adalah *Quasy Experimental Design two group pre-post test control design*. Populasi yang akan diteliti 57 responden di Puskesmas Bulak Banteng. Teknik sampling menggunakan *purposive sampling*. Besar sampel 37 responden kelompok perlakuan dan 37 responden kelompok kontrol. Instrumen yang digunakan SOP *Diabetes Self Management Education* (DSME). Lembar kuesioner pengetahuan, sikap, dan *self efficacy*. Analisis menggunakan uji statistik *Wilcoxon Signed Rank Test* dan *Mann Whitney U rest* dengan kemaknaan  $\alpha < 0,005$ . **Hasil Penelitian.** Hasil penelitian didapatkan pengetahuan baik 35,13% meningkat menjadi 97,29%. Peningkatan sikap dari sikap positif 27,02% menjadi 81,08%. Peningkatan *self efficacy* dari kategori tinggi 2,7% menjadi 32,43%. Hasil analisis statistik Uji *Wilcoxon rank test* didapatkan nilai  $p = 0,000$  berarti ada pengaruh penerapan DSME terhadap pengetahuan, sikap dan *self efficacy* penderita Diabetes Tipe 2. **Kesimpulan.** Perawat dapat menjadikan *Diabetes Self Management Education* (DSME) sebagai bentuk intervensi edukasi mandiri dan protap *discharge planning* pada pasien di puskesmas Bulak Banteng.

**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 EFFICIACY 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.**