

ABSTRAK

Pengaruh Diabetes *Self Management Education* (DSME) Terhadap *Self Efficacy* Pada Penderita Diabetes Mellitus Tipe 2 Di Wilayah Kerja Puskesmas Gading Surabaya

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Pendahuluan : Penatalaksanaan diabetes mellitus tipe 2 terdapat 4 pilar meliputi edukasi, terapi nutrisi medis, latihan fisik, dan terapi farmakologis. Edukasi dapat dilakukan dengan pelaksanaan *Diabetes Self Management Education* (DSME). Penelitian ini bertujuan mengetahui pengaruh *Diabetes Self Management Education* (DSME) terhadap *self efficacy* pada penderita diabetes mellitus tipe 2.

Metode : Penelitian dilakukan kepada 18 penderita diabetes mellitus tipe 2 yang dibagi menjadi kelompok intervensi dan kontrol dengan metode *quasy experiment* dengan rancangan *pre-post test with control group design*. Intervensi dilakukan selama 1 bulan sebanyak 4 sesi. Jarak setiap sesi 1 minggu dan waktu pertemuan 60 menit.

Hasil : *Self efficacy* sebelum diberikan intervensi pada kelompok intervensi seluruhnya dalam kategori rendah dan setelah diberikan intervensi seluruhnya dalam kategori tinggi. *Self efficacy* sebelum dan setelah pada kelompok kontrol seluruhnya dalam kategori rendah. Hasil analisis *post hoc* pada kelompok intervensi setelah diberikan intervensi dengan kelompok kontrol setelah didapatkan *p value* $<0,001$.

Diskusi : Pemberian *Diabetes Self Management Education* (DSME) memiliki pengaruh terhadap *self efficacy* pada penderita diabetes mellitus tipe 2. Pemberian *Diabetes Self Management Education* (DSME) dapat meningkatkan *self efficacy* pada penderita diabetes mellitus tipe 2.

Kata Kunci : *Diabetes Self Management Education* (DSME), *Self Efficacy*, Diabetes Mellitus Tipe 2

ABSTRACT

The Impact of Diabetes Self-Management Education (DSME) on Self Efficacy in Patients with Type 2 Diabetes Mellitus in the Working Area of Gading Health Center, Surabaya

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Introduction : *The management of type 2 diabetes mellitus consists of four pillars: education, medical nutrition therapy, physical exercise, and pharmacological therapy. Education can be provided through the implementation of Diabetes Self-Management Education (DSME). This study aims to determine the effect of Diabetes Self-Management Education (DSME) on self-efficacy in patients with type 2 diabetes mellitus..*

Methods : *The study was conducted on 18 patients with type 2 diabetes mellitus, divided into an intervention group and a control group, using a quasi-experimental method with a pre-post test with control group design. The intervention was conducted over 1 month, consisting of 4 sessions. The interval between each session was 1 week, and each meeting lasted 60 minutes.*

Results : *Self-efficacy before the intervention in the intervention group was entirely in the low category, and after the intervention, it was entirely in the high category. Self-efficacy before and after the intervention in the control group was entirely in the low category. The results of the post hoc analysis between the intervention group after the intervention and the control group showed a p-value of <0.001.*

Discussion : *The provision of Diabetes Self-Management Education (DSME) has an impact on self-efficacy in patients with type 2 diabetes mellitus. Diabetes Self-Management Education (DSME) can improve self-efficacy in patients with type 2 diabetes mellitus.*

Keyword : *Diabetes Self Management Education (DSME), Self Efficacy, Diabetes Mellitus Type 2*