

ABSTRAK

Meliana Yulia Sari

PERILAKU PASIEN DIABETES MELITUS DALAM MENCEGAH TERJADINYA PENYAKIT JANTUNG KORONER DI PUSKESMAS SUKODONO

xvii + 84 Halaman + 9 Tabel + 11 Lampiran

Diabetes Melitus (DM) meningkatkan risiko Penyakit Jantung Koroner (PJK). Perilaku pencegahan pasien DM sangat penting untuk menurunkan komplikasi kardiovaskular.

Penelitian ini menggunakan desain deskriptif dengan pendekatan cross sectional. Sampel berjumlah 41 pasien DM berusia 21–60 tahun di Puskesmas Sukodono, dipilih dengan purposive sampling. Data dikumpulkan melalui kuesioner dan wawancara yang mencakup pengetahuan, sikap, dan tindakan pencegahan PJK, kemudian dianalisis secara deskriptif. Sebagian besar responden menunjukkan perilaku pencegahan kurang baik. Kelompok usia 41–60 tahun mendominasi dengan perilaku kurang (47,9%). Laki-laki lebih banyak berperilaku kurang (61,1%) dibanding perempuan. Responden berpendidikan SMA memiliki perilaku kurang tertinggi (69,2%). Pasien yang bekerja (54,5%), memiliki riwayat DM dari diri sendiri (54,5%), serta penderita baru (55,6%) lebih banyak berperilaku kurang.

Perilaku pencegahan PJK pada pasien DM masih rendah dan dipengaruhi oleh faktor usia, jenis kelamin, pendidikan, pekerjaan, riwayat, serta lama menderita DM. Diperlukan edukasi berkelanjutan, motivasi, dan dukungan keluarga untuk meningkatkan kepatuhan serta membentuk perilaku sehat.

Kata kunci: Diabetes Melitus, Perilaku Pasien, Penyakit Jantung Koroner, Pencegahan

Daftar bacaan: 14 buku (2010-2021)

ABSTRACT

Meliana Yulia Sari

THE BEHAVIOR OF DIABETES MELITUS PATIENTS IN PREVENTING CORONARY HEART DISEASE AT SUKODONO PUBLIC HEALTH CENTER

xvii + 84 Pages + 9 Tables + 11 Appendices

Diabetes Mellitus (DM) increases the risk of Coronary Heart Disease (CHD). Preventive behavior among DM patients is essential to reduce cardiovascular complications.

This study applied a descriptive design with a cross-sectional approach. A total of 41 DM patients aged 21–60 years at Sukodono Health Center were selected through purposive sampling. Data were collected using questionnaires and interviews covering knowledge, attitudes, and preventive practices, then analyzed descriptively. Most respondents demonstrated poor preventive behavior. Patients aged 41–60 years were dominant in the poor category (47.9%). Male patients showed poorer behavior (61.1%) compared to females. Senior high school education was associated with the highest proportion of poor behavior (69.2%). Those who were employed (54.5%), had a self-history of DM (54.5%), and were newly diagnosed (55.6%) tended to have lower preventive behavior.

Preventive behavior against CHD among DM patients remains low, influenced by age, gender, education, occupation, history, and duration of illness. Continuous education, motivation, and family support are needed to improve adherence and establish consistent healthy behavior.

Keywords: Diabetes Mellitus, Patient Behavior, Coronary Heart Disease, Prevention

References: 14 books (2010-2021)