

**ABSTRAK**

**HUBUNGAN *SELF CARE* DENGAN KUALITAS HIDUP PADA  
PENDERITA DIABETES MELLITUS TIPE 2 DI WILAYAH KERJA  
PUSKESMAS SARONGGI KECAMATAN SARONGGI KABUPATEN  
SUMENEP**

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Peningkatan Penderita DM tipe 2 setiap tahun memunculkan berbagai permasalahan bagi lansia, salah satunya pemenuhan Perawatan diri atau *Self care*. *Self care* yang baik membantu Penderita DM tipe 2 untuk memenuhi kebutuhan dalam merawat dirinya sendiri dengan menjaga pola hidup baik pola makan dan aktivitas fisik. Penelitian ini bertujuan untuk mengetahui hubungans *Self care* dengan kualitas hidup pada penderita diabetes mellitus tipe 2 di wilayah kerja Puskesmas Saringgi Kecamatan Saronggi Kabupaten Sumenep.

Penelitian ini merupakan penelitian kuantitatif menggunakan metode observasional analitik dengan rancang bangun korelasional, Teknik *simple random sampling*. Populasi dalam penelitian sebanyak 123 orang dengan jumlah sampel sebanyak 67 orang. Intrumen yang digunakan adalah aktivitas *self care* untuk mengukur *Self care The Summary Self care Diabetes Activity (SCDA)* dan *The Word Health Organization Quality Of Life (WHOQOL) BREF* untuk mengukur kualitas hidup. Analisa data menggunakan *Uji Spearman's Rho*.

Hasil penelitian *self care* kategori sedang responden hamper seluruhnya (83,6%) dengan kualitas hidup baik hampir seluruhnya (86,6%). Analisa data menggunakan *Uji Spearman's Rho* diperoleh hasil *Self care*  $p= 0,001 (<0,05)$ , yang berarti ada hubungan *self care* dengan kualitas hidup pada penderita diabetes mellitus tipe1 di wilayah kerja Puskesmas Saronggi Kecamatan Saronggi Kabupaten Sumenep. Hasil penelitian ini diharapkan dapat menambah pengetahuan, meningkatkan *self care* penderita diabetes mellitus dengan mempertahankan suatu kebiasaan positif yaitu lebih rajin mengatur atau mengontrol pola hidupnya dari segi pola makan atau aktivitasnya dalam sehari-hari dan mengetahui tujuan hidupnya. Disarankan pada penelitian selanjutnya agar melakukan penelitian menggunakan variabel lain yang mempengaruhi kualitas hidup pada penderita diabetes mellitus tipe 2.

**Kata Kunci :** *Self Care, Tingkat Kognitif, Kualitas Hidup, diabetes mellitus*

**ABSTRACT**

***THE RELATIONSHIP BETWEEN SELF-CARE AND QUALITY OF LIFE  
IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE SARONGGI  
HEALTH CENTER, SARONGGI DISTRICT, SUMENEP REGENCY***

**By: Ida Rohmaningsih**

*The increase in type 2 DM patients every year raises various problems for the elderly, one of which is the fulfillment of self-care or self-care. Good self-care helps Type 2 DM Patients meet their needs in taking care of themselves by maintaining a diet and physical activity lifestyle. This study aims to determine the relationship between self-care and quality of life in patients with type 2 diabetes mellitus in the working area of the Saronggi Health Center, Saronggi District, Sumenep Regency.*

*This study was a quantitative research using an observational analytical method with a correlational design, using a simple random sampling technique. The population under study was 123 individuals, with a sample size of 67. The research instruments were the Summary Self-care Diabetes Activity (SCDA) and The Word Health Organization Quality Of Life (WHOQOL) BREF to measure self-care and quality of life, respectively. Data analysis was conducted using Spearman's Rho Test, a statistical method for determining the strength and direction of the relationship between two variables.*

*The results of the self-care research in the medium category were almost all respondents (83.6%) with a good quality of life almost entirely (86.6%). Data analysis using the Spearman's Rho Test obtained the result of self-care  $p= 0.001$  ( $<0.05$ ), which means that there is a relationship between self-care and quality of life in patients with type 1 diabetes mellitus in the Saronggi Health Center, Saronggi District, Sumenep Regency.*

*The results of this study are expected to increase knowledge and improve the self-care of people with diabetes mellitus by maintaining positive habits, which include being more diligent in regulating or controlling their lifestyle in terms of diet or daily activities and knowing their life goals. The following study recommends researching other variables that affect the quality of life in people with type 2 diabetes mellitus.*

**Keywords:** *Self Care, Cognitive Level, Quality of Life, diabetes mellitus*