

# **ACCEPTANCE AND COMMITMENT THERAPY TERHADAP PENINGKATAN HARGA DIRI DAN KUALITAS HIDUP PENDERITA DIABETES MELLITUS TIPE 2**

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## **ABSTRAK**

Penderita diabetes mellitus tipe 2 mengalami perubahan fisik, psikologis, dan seksual. Perubahan ini dapat menyebabkan timbulnya masalah, penurunan harga diri dan penurunan kualitas hidup. Tujuan dari penelitian ini adalah untuk membuktikan pengaruh *Acceptance and Commitment Therapy* (ACT) dalam meningkatkan harga diri dan kualitas hidup pada penderita DM tipe 2.

Penelitian ini adalah penelitian *quasy eksperiment* dengan menggunakan metode *pretest posttest with control group design*. Responden dalam penelitian ini adalah penderita DM tipe 2 sebanyak 50 orang dan diambil dengan teknik *simple random sampling* dan dibagi menjadi dua kelompok yaitu kelompok kontrol dan kelompok perlakuan dengan teknik *purposive sampling*. Data dikumpulkan dengan menggunakan *Rosenberg Self-Esteem Scale* (RSEs) and *Diabetes Quality of Life* (DQoL). ACT diberikan pada kelompok perlakuan satu minggu sekali selama empat minggu. Data dianalisis menggunakan uji statistik yaitu *Paired t-Test* dan *Independent t-Test*, regresi linear berganda, dan MANOVA dengan signifikansi  $p < 0,05$ .

Hasil analisis menunjukkan bahwa terjadi perbedaan harga diri dan kualitas hidup yang signifikan antara kelompok kontrol dan kelompok perlakuan dengan  $p\text{-value} = 0,000$ . Intervensi ACT adalah variabel yang paling berpengaruh untuk harga diri dan kualitas hidup penderita DM tipe 2 dengan sig 0,000. ACT lebih berpengaruh terhadap perubahan kualitas hidup penderita DM tipe 2 dari hasil analisis multivariat sig 0,000 dan mean 1030,58.

Intervensi ACT efektif terhadap peningkatan harga diri dan kualitas hidup penderita DM tipe 2. ACT dapat dilakukan dengan baik karena responden dan terapis proaktif, dan akan lebih baik melibatkan peran dan dukungan keluarga untuk penelitian selanjutnya.

**Kata Kunci : *Acceptance and Commitment Therapy*, penderita DM tipe 2, harga diri, kualitas hidup**

**ACCEPTANCE AND COMMITMENT THERAPY (ACT) ON THE  
IMPROVEMENT OF SELF-ESTEEM AND QUALITY OF LIFE  
SUFFERERS OF DIABETES MELLITUS TYPE 2**

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**ABSTRACT**

*Sufferers of diabetes mellitus type 2 experience physical, psychological, and sexual changes. These changes can cause problems, reduced self-esteem and quality of life. The purpose of this study was to prove the influence of Acceptance and Commitment Therapy (ACT) in improving self-esteem and quality of life of sufferers of DM type 2.*

*This study was a quasi-experiment research using pretest posttest with control group design method. Respondents in this study were 50 sufferers of DM type 2 and were sampled using simple random sampling technique and divided into two groups, which were control group and treatment group by purposive sampling technique. Data was collected by Rosenberg Self-Esteem Scale (RSEs) and Diabetes Quality of Life (DQoL). ACT was given to the treatment group one a week for four weeks. Data was analyzed using statistical tests which were Paired t-Test and Independent t-Test, multiple linear regression, and MANOVA with significance  $p < 0,05$ .*

*The analysis result showed that there was a significant difference of self-esteem and quality of life between the control group and the treatment group with  $p$ -value = 0,000. ACT intervention was the most influential variable for the self-esteem and quality of life of sufferers of DM type 2 with sig 0,000. ACT was more influential to the change of quality of life of sufferers of DM type 2 based on the result of multivariate analysis sig 0,000 and mean 1030,58.*

*ACT intervention was effective to the improvement of self-esteem and quality of life of sufferers of DM type 2. ACT could be performed well because respondents and therapists were proactive, and should involve the role and support of families in future researches.*

**Keywords: Acceptance and Commitment Therapy, sufferers of DM type 2, self-esteem, quality of life**