

**THE EFFECT OF SELF CARE AND SELF EFFICACY
ON BLOOD GLUCOSE LEVELS OF PATIENTS
WITH TYPE 2 DIABETES MELLITUS**

M Ramadhani Firmansyah¹, Elsy Maria Rosa², Novita Kurnia Sari³

¹Master of Nursing Study Program, Graduate Program, Muhammadiyah Univesity, Yogyakarta
ramadhanifirmansyah@yahoo.com

²Master of Nursing Study Program, Graduate Program, Muhammadiyah Univesity, Yogyakarta

³Master of Nursing Study Program, Graduate Program, Muhammadiyah Univesity, Yogyakarta

ABSTRACT

Diabetes mellitus was a metabolic disease characterized by high blood glucose levels. Self care and self efficacy had an important role in maintaining blood glucose levels in diabetic patients. This study aimed to analyze the effect of self care and self efficacy on blood glucose levels of patients with type 2 diabetes mellitus in Puskesmas Gondokusuman I Yogyakarta.

This study was descriptive analytic with cross sectional method. The sample in this study were patients with type 2 diabetes mellitus in Puskesmas Gondokusuman I Yogyakarta as many as 48 people. Data collection technique used purposive sampling technique. Data were analyzed using multiple linear regression analysis with significance $p < 0.05$.

The analysis showed that the influence of self care and self efficacy on blood glucose levels with a p -value < 0.05 were the effect of diet ($p=0.042$), exercise ($p=0.006$), the affective ($p=0.033$), and self efficacy ($p=0.06$).

Self care and self efficacy had an effect on blood glucose levels in patients with type 2 diabetes mellitus. Nurse can act as a nursing agency and carried out further research to the experimental study design with a sample size more.

Keywords: self care, self efficacy, blood glucose levels

**PENGARUH *SELF CARE* DAN *SELF EFFICACY* TERHADAP
KADAR GLUKOSA DARAH PADA PASIEN
DIABETES MELITUS TIPE 2**

M Ramadhani Firmansyah¹, Elsy Maria Rosa², Novita Kurnia Sari³

¹Master of Nursing Study Program, Graduate Program, Muhammadiyah Univesity, Yogyakarta
ramadhanifirmansyah@yahoo.com

²Master of Nursing Study Program, Graduate Program, Muhammadiyah Univesity, Yogyakarta

³Master of Nursing Study Program, Graduate Program, Muhammadiyah Univesity, Yogyakarta

ABSTRAK

Diabetes melitus merupakan penyakit metabolik yang ditandai dengan tingginya kadar glukosa darah. *Self care* dan *self efficacy* memiliki peran penting dalam menjaga kadar glukosa darah pasien diabetes. Penelitian ini bertujuan untuk menganalisis pengaruh *self care* dan *self efficacy* terhadap kadar glukosa darah pasien diabetes melitus tipe 2 di Puskesmas Gondokusuman I Kota Yogyakarta.

Penelitian ini adalah penelitian deskriptif analitik dengan metode *cross sectional*. Sampel dalam penelitian ini merupakan pasien diabetes melitus tipe 2 di Puskesmas Gondokusuman I Kota Yogyakarta sebanyak 48 orang. Teknik pengumpulan data menggunakan teknik *purposive sampling*. Data dianalisis menggunakan analisis regresi linier berganda dengan signifikansi $p < 0,05$.

Hasil analisis menunjukkan adanya pengaruh *self care* dan *self efficacy* terhadap kadar glukosa darah dengan $p\text{-value} < 0,05$ yaitu pengaruh diet ($p = 0,042$), latihan ($p = 0,006$), proses afektif ($p = 0,033$), dan *self efficacy* ($p = 0,06$).

Self care dan *self efficacy* memiliki pengaruh terhadap kadar glukosa darah pada pasien diabetes melitus tipe 2. Tenaga keperawatan dapat berperan sebagai *nursing agency* dan dilakukan penelitian selanjutnya dengan desain studi yang lebih baik yakni studi eksperimen dengan jumlah sampel yang lebih banyak.

Kata kunci: *self care*, *self efficacy*, kadar glukosa darah