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HUBUNGAN LAMA MENDERITA DENGAN KUALITAS HIDUP PENDERITA DIABETES MELLITUS TIPE 2

ABSTRAK

Latar Belakang : Lama menderita menunjukkan durasi awal dimana waktu penegakan DM tipe 2. Penurunan kualitas hidup pasien DM tipe 2 dapat mengakibatkan kurangnya aktifitas yang optimal sehingga mengakibatkan berbagai komplikasi. Tujuan dari penelitian ini adalah untuk menganalisis hubungan lama menderita dengan kualitas hidup penderita diabetes mellitus tipe 2.

Metode : Penelitian ini adalah penelitian kuantitatif dengan desain penelitian korelasional, penelitian ini menggunakan metode pendekatan cross sectional. Populasi dan sampel yang digunakan sebanyak 84 responden dengan teknik sampling non probability sampling dengan consecutive sampling. Alat ukur yang digunakan dalam penelitian adalah Kuesioner baku *Diabetes Quality Of Life (DQOL)*. Analisis yang digunakan yaitu univariate dan bivariat dengan uji T tidak berpasangan.

Hasil : Sebagian besar responden di klinik rawat inap Sari Medika Ambarawa dan Klinik rawat inap Anugrah Kebondowo Banyubiru yaitu responden Usia Menengah sebanyak 32 responden (38,0%). Berjenis kelamin perempuan yaitu sebanyak 48 responden (57,1%), pendidikan terakhir responden tamat SMP sebanyak 51 responden (60,7%), pekerjaan buruh terdapat 48 responden (57,1%) penderita diabetes mellitus tipe 2 dengan kualitas hidup yang rendah sebanyak 52 responden (61,9%). Hasil uji T berpasangan didapatkan p value = 0,00 yang artinya ada hubungan yang signifikan antara lama menderita dengan kualitas hidup penderita diabetes mellitus tipe 2.

Simpulan : Ada hubungan yang signifikan antara lama menderita dengan kualitas hidup penderita diabetes mellitus tipe 2.

Saran : Diharapkan dapat lebih memperhatikan faktor faktor yang mempengaruhi kualitas hidup pasien diabetes mellitus tipe 2 sehingga didapatkan hasil yang lebih kuat.

Kata Kunci : Kualitas Hidup, Lama Menderita, Penderita Dm tipe 2

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THE RELATIONSHIP OF LONG SUFFERING WITH QUALITY OF LIFE OF TYPE 2 DIABETES MELLITUS PATIENTS

ABSTRACT

Background: The duration of suffering shows the initial duration of time for enforcement of type 2 diabetes. A decrease in the quality of life of patients with type 2 diabetes can result in a lack of optimal activity, resulting in various complications.

Methods: This research is a quantitative research with a correlational research design, this research uses a cross sectional approach to study the correlation between length of suffering and quality of life of patients with type 2 DM through an approach. The population and samples used were 84 respondents with a non-probability sampling technique with consecutive sampling. The measuring instrument used in this study was the Diabetes Quality Of Life (DQOL) standard questionnaire. The analysis used is univariate and bivariate with unpaired T test.

Result : Most of the respondents at the Sari Medika Ambarawa inpatient clinic and Anugrah Kebondowo Banyubiru inpatient clinic are 32 respondents (38.0%). Female gender as many as 48 respondents (57.1%), the last education of respondents graduated from junior high school as many as 51 respondents (60.7%). as many as 52 respondents (61.9%). The length of suffering shows the initial duration of time for enforcement of type 2 diabetes. A decrease in the quality of life of patients with type 2 diabetes can result in a lack of optimal activity, resulting in various complications. The complications of long suffering from both chronic and acute diseases include affecting morbidity, mortality and affecting the life expectancy of patients.

Conclusion: There is a significant relationship between the length of suffering and the quality of life of patients with type 2 diabetes mellitus.

Suggestion: It is expected to pay more attention to the factors that affect the quality of life of patients with type 2 diabetes mellitus so that stronger results are obtained.

Keywords: Quality of Life, Length of Suffering, Type 2 Diabetes Mellitus