PENGARUH EDUKASI EMPAT PILAR DIABETES MELITUS TERHADAP *SELF EFFICACY*

The Effect of Four Pillars of Diabetes Mellitus Education on Self-Efficacy

Vellycia Ratri Ningsih,[1] Gipta Galih Widodo[2]
[1] Universitas Ngudi Waluyo
[2] universitas ngudi waluyo
Email: vellyciaratriningsih@gmail.com

ABSTRAK

Latar Belakang : Rendahnya *self efficacy* penderita menjadi salah satu penyebab mereka tidak menjalankan empat pilar DM. Edukasi menjadi salah satu upaya untuk meningkatkan *self efficacy*
Tujuan : Mengetahui pengaruh edukasi empat pilar DM terhadap *self efficacy*
Metode : Desain penelitian ini *quasi experimental* dengan pendekatan *pre-post test with control group design*. Penelitian dilakukan di Puskesmas Leyangan Kabupaten Semarang tanggal 10-13 Januari 2024. Populasi yang diteliti pasien yang menderita DM anggota program Prolanis dengan sampel 12 orang kelompok kontrol dan 12 orang kelompok intervensi diambil dengan teknik *purposive sampling*. Analisis data yang digunakan *independen t test* yang diolah dengan program pengolahan data SPSS
Hasil : *Self efficacy* responden kelompok kontrol semuanya kategori kurang (100,0%). Responden kelompok intervensi sebelum edukasi empat pilar DM mempunyai *self efficacy* kategori kurang (100,0%), akan tetapi sesudah diberikan edukasi empat pilar DM sebagian besar kategori baik (91,7%). Tidak ada perbedaan *self efficacy* penderita DM sebelum dan sesudah penelitian pada kelompok kontrol (p *value* = 0,166 > 0,05 (α). Ada perbedaan *self efficacy* penderita DM sebelum dan sesudah edukasi empat pilar DM pada kelompok intervensi, (p *value* = 0,000 < 0,05 (α). Ada pengaruh yang bermakna edukasi empat pilar DM terhadap *self efficacy* (p *value* = 0,000 < 0,05)
Kesimpulan : Ada pengaruh yang bermakna edukasi empat pilar DM terhadap *self efficacy* pasien DM yang mengikuti program prolanis di Puskesmas Leyangan
Saran : Penelitian selanjutnya sebaiknya mengendalikan komplikasi penyakit sehingga mereka lebih mudah menyerap materi mengenai penatalaksaan empat pilar diabetes melitus. Sehingga angka diabetes melitus tidak semakin meningkat dan *self efficacy* penderita menjadi baik.

Kata Kunci : Edukasi, Empat Pilar DM, *Self efficacy*
Kepustakaan : 40 (2013-2022)

ABSTRACT

Background: *Sufferers' low self-efficacy is one of the reasons they do not implement the four pillars of DM. Education is one effort to increase the self-efficacy.*
Objective: *To determine the influence of education on the four pillars of DM on self-efficacy.*
Method: *The design in this study used a quasi experimental approach with a pre-post test with control group design. The research was conducted at the Leyangan Community Health Center, East Ungaran District, Semarang Regency on January 10-13 2024. The population studied was patients suffering from DM and participating in the Prolanis program with a sample size of 24 people who were divided into 12 control groups and 12 intervention groups taken using a purposive sampling technique. . Data analysis used an independent t test which was processed using the SPSS data processing program.*
Results: *Respondents in the control group before and after the study had all self efficacy in the poor category (100,0%). Respondents in the intervention group before education on the four pillars of DM had all self efficacy in the poor category (100,0%), however after being given education on the four pillars of DM most of them were in the good category (91,7%). There was no difference in the self-efficacy of DM sufferers before and after the study in the control group (p value = 0,166 > 0,05 (α). There was a difference in the self-efficacy of DM sufferers before and after education on the four pillars of diabetes mellitus in the intervention group, (p value = 0,000 < 0,05 (α). There is a significant effect of education on the four pillars of diabetes mellitus on self-efficacy (p v = 0,000 < 0,05)*
Conclusion: *There is a significant effect of education on the four pillars of diabetes mellitus on the self-efficacy of DM patients who take part in the prolanis program at the Leyangan Community Health Center, East Ungaran District*
Suggestion: *further research should control the patient's condition (complication of disease) so that they can more easily absorb the material.*

Keywords *: Education, Four Pillars of DM, Self-efficacy*
Bibliography *: 40 (2013-2022)*

Dipindai dengan CamScanner