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**HUBUNGAN KECEMASAN DENGAN KUALITAS HIDUP PASIEN DIABETES
MELITUS TIPE II DI RSU BINA KASIH**

ABSTRAK

Latar belakang: Diabetes melitus (DM) tipe II berdampak pada kualitas hidup penderita, mencakup aspek fisik, psikologis, sosial, dan ekonomi. Secara psikologis, beban pengobatan jangka panjang dapat memicu stres, kecemasan, hingga depresi, yang pada akhirnya menurunkan kualitas hidup (Quality of Life/QoL) secara keseluruhan. Penelitian ini bertujuan mengetahui hubungan kecemasan dengan kualitas hidup pasien DM tipe II. **Metode:** Penelitian kuantitatif dengan desain deskriptif korelasional. Populasi adalah seluruh pasien DM tipe II di RSU Bina Kasih Ambarawa (360 pasien). Sampel sebanyak 80 responden dipilih dengan teknik accidental sampling. Instrumen penelitian meliputi *Diabetic Anxiety Depression Scale* dan *Diabetes Quality of Life Questionnaire*. Analisis menggunakan uji chi-square. **Hasil:** Mayoritas responden mengalami kecemasan sedang (51,2%) dan kualitas hidup sedang (46,3%). Terdapat hubungan signifikan antara kecemasan dan kualitas hidup ($p = 0,000 < 0,05$). **Saran:** Pasien diharapkan mengelola kecemasan melalui edukasi kesehatan, kelompok pendukung, dan teknik relaksasi yang tepat.

Kata kunci: kecemasan, kualitas hidup, diabetes melitus tipe II

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The Relationship Between Anxiety And Quality Of Life Among Type II Diabetes Mellitus Patients At Bina Kasih General Hospital

Abstract

Background: Type II diabetes mellitus (DM) affects patients' quality of life, encompassing physical, psychological, social, and economic aspects. Psychologically, the long-term treatment burden may trigger stress, anxiety, and depression, ultimately lowering overall quality of life (QoL). This study aimed to determine the relationship between anxiety and quality of life in patients with type II DM. **Methods:** This was a quantitative study with a descriptive correlational design. The population included all type II DM patients at Bina Kasih General Hospital, Ambarawa (360 patients). A total of 80 respondents were selected using accidental sampling. Research instruments consisted of the *Diabetic Anxiety Depression Scale* and the *Diabetes Quality of Life Questionnaire*. Data were analyzed using the chi-square test. **Results:** Most respondents experienced moderate anxiety (51.2%) and moderate quality of life (46.3%). A significant relationship was found between anxiety and quality of life ($p = 0.000 < 0.05$). **Conclusion:** Patients are encouraged to manage anxiety through health education, participation in support groups, and appropriate relaxation techniques.

Keywords: anxiety, quality of life, type II diabetes mellitus

