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HUBUNGAN *SELF-CARE MANAGEMENT* DENGAN RISIKO STROKE PADA PENDERITA DIABETES MELLITUS DI PUSKESMAS LEREP

ABSTRAK

Latar Belakang: Diabetes *mellitus* merupakan penyakit kronis yang dapat meningkatkan risiko terjadinya komplikasi makrovaskular, salah satunya stroke. Pengelolaan perawatan diri (*Self-care management*) yang optimal berperan penting dalam mengendalikan faktor risiko stroke pada pasien diabetes *mellitus*.

Tujuan: Untuk menganalisis hubungan antara *Self-care management* dengan risiko stroke pada penderita diabetes *mellitus* Puskesmas Lerep.

Metode: Kuantitatif dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah responden sebanyak 194 orang yang memenuhi kriteria inklusi dan eksklusi. Instrumen penelitian yang digunakan adalah Summary of Diabetes *Self-care* Activities (SDSCA) untuk mengukur *Self-care management* dan Stroke Risk Scorecard (SRSC) untuk menilai risiko stroke. Analisis data dilakukan secara univariat dan bivariat menggunakan Uji Pearson dengan tingkat signifikansi $p < 0,05$

Hasil: Sebagian besar responden memiliki *Self-care management* baik (60,3%; $n=117$), sedang (38,7%; $n=75$), dan rendah (1,0%; $n=2$). Risiko stroke mayoritas rendah (83,5%; $n=162$), sedang (15,5%; $n=30$), dan tinggi (1,0%; $n=2$). Terdapat hubungan signifikan positif lemah antara *Self-care management* dengan risiko stroke ($p=0,001$; $r=0,351$), di mana *Self-care* baik mendominasi risiko rendah (91,5%)

Kesimpulan: Terdapat hubungan yang signifikan antara *Self-care management* dengan risiko stroke pada penderita diabetes *mellitus* di Puskesmas Lerep

Saran: Diharapkan tenaga kesehatan, khususnya perawat dan edukator diabetes, dapat meningkatkan program edukasi dan pendampingan *Self-care management* pada pasien diabetes *mellitus* sebagai upaya pencegahan risiko stroke.

Kata Kunci: *Self-care management*, risiko stroke, diabetes *mellitus*

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THE RELATIONSHIP BETWEEN *SELF-CARE MANAGEMENT* AND STROKE RISK AMONG PATIENTS WITH DIABETES MELLITUS AT LEREP PUBLIC HEALTH CENTER

ABSTRACT

Background: Diabetes mellitus is a chronic disease that can increase the risk of macrovascular complications, one of which is stroke. Optimal *Self-care management* plays an important role in controlling stroke risk factors among patients with diabetes mellitus.

Objective: This study aimed to analyze the relationship between *Self-care management* and stroke risk among patients with diabetes mellitus at Lerep Public Health Center.

Methods: Quantitative with a cross-sectional approach. The sampling technique used purposive sampling with a total of 194 respondents who met the inclusion and exclusion criteria. The research instruments used were the Summary of Diabetes Self-care Activities (SDSCA) to measure self-care management and the Stroke Risk Scorecard (SRSC) to assess stroke risk. Data analysis was performed univariately and bivariately using the Pearson test with a significance level of $p < 0.05$.

Results: The results Most respondents had good *Self-care management* (60.3%; $n=117$), moderate (38.7%; $n=75$), and low (1.0%; $n=2$). Stroke risk was mostly low (83.5%; $n=162$), moderate (15.5%; $n=30$), and high (1.0%; $n=2$). There was a significant weak positive correlation between *Self-care management* and stroke risk ($p=0.001$; $r=0.351$), where good *Self-care* dominated low-risk cases (91.5%).

Conclusion: There is a significant relationship between *Self-care management* and stroke risk among patients with diabetes mellitus at Lerep Public Health Center.

Recommendation: Healthcare providers, particularly nurses and diabetes educators, are expected to enhance educational programs and provide continuous support for *Self-care management* among patients with diabetes mellitus as an effort to prevent stroke risk.

Keywords: *Self-care management*, stroke risk, diabetes mellitus.