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Hubungan Dietary Self-Management dengan Kejadian Hopital Readmisson Diabetes Melitus di Wilayah Kerja Puskesmas Tuntang
(xvii + 103 halaman + 12 tabel + 15 lampiran + 2 gambar)

ABSTRAK

Latar belakang: Diabetes melitus merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang. Ketidakmampuan pasien dalam melakukan dietary self-management dapat menyebabkan kontrol glikemik yang buruk dan meningkatkan risiko hospital readmission. Tingginya angka rawat inap ulang menunjukkan perlunya penguatan perawatan mandiri, khususnya dalam pengelolaan pola makan.
Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara dietary self-management dengan kejadian hospital readmission pada pasien diabetes melitus di wilayah kerja Puskesmas Tuntang.
Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *case control*. Sampel berjumlah 60 responden yang terdiri dari 30 kelompok kasus (mengalami hospital readmission) dan 30 kelompok kontrol (tidak mengalami hospital readmission), yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui kuesioner dietary self-management dan telaah rekam medis, kemudian dianalisis menggunakan uji chi-square dan regresi logistik.
Hasil: Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara dietary self-management dengan kejadian hospital readmission (p 0,000). Responden dengan tingkat dietary self-management rendah memiliki risiko lebih tinggi mengalami rawat inap ulang dibandingkan responden dengan tingkat pengelolaan diet yang baik.
Kesimpulan: Dietary self-management berhubungan secara signifikan dengan kejadian hospital readmission pada pasien diabetes melitus. Peningkatan edukasi dan pendampingan perawat dalam pengelolaan diet diharapkan mampu menurunkan angka hospital readmission dan meningkatkan kualitas hidup pasien.

Kata kunci: diabetes melitus, dietary self-management, hospital readmission.
Daftar Pustaka 60 (2026 - 2025)

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The Relationship between Dietary Self-Management and Diabetes Mellitus Hospital Readmission Rates in the Tuntang Community Health Center Working Area
(xvii + 103 pages + 12 tables + 15 appendices + 2 figures)

ABSRACT

Background: Diabetes mellitus is a chronic disease requiring long-term management. Inadequate dietary self-management contributes to poor glycemic control and increases the risk of hospital readmission. High readmission rates indicate the need to strengthen self-care behaviors, particularly in dietary management.
Objective: This study aimed to analyze the relationship between dietary self-management and hospital readmission among patients with diabetes mellitus in the working area of Tuntang Primary Health Care Center.
Methods: This study employed a quantitative case-control design. A total of 70 respondents were recruited, consisting of 35 cases (patients with hospital readmission) and 35 controls (without readmission), using purposive sampling. Data were collected through dietary self-management questionnaires and medical record reviews. Statistical analyses included chi-square and logistic regression tests.
Results: The findings revealed a significant association between dietary self-management and hospital readmission (p 0.000). Patients with poor dietary self-management had a higher risk of hospital readmission compared to those with good dietary self-management.
Conclusion: Dietary self-management is significantly associated with hospital readmission in patients with diabetes mellitus. Strengthening nursing education and continuous dietary support is essential to reduce readmission rates and improve patient outcomes.

Keywords: diabetes mellitus, dietary self-management, hospital readmission.
Bibliography 60 (2016 - 2025)