Universitas Ngudi Waluyo
Program Studi S1 Keperawatan, Fakultas Kesehatan
Skripsi, Januari, 2026
Anom Pramono Hendrastito
NIM. 017242050

STUDI FENOMENOLOGI TENTANG KONDISI PSIKOLOGIS PASIEN DIABETES MELITUS DI WILAYAH PUSKESMAS TANJUNG PALAS
(xvi + 54 halaman + 2 tabel + 11 lampiran)

ABSTRAK

Diabetes Melitus (DM) merupakan penyakit kronis yang memberikan dampak pada kondisi fisik sekaligus kondisi psikologis. Maka dalam penanganan di pelayanan primer perawat harus memahami kondisi psikologis pasien.

Penelitian ini bertujuan untuk mengeksplorasi secara mendalam pengalaman pasien tentang kondisi psikologis, meliputi persepsi terhadap penyakit, respons emosional, strategi koping, serta faktor-faktor yang memengaruhi kondisi psikologis mereka.

Penelitian ini menggunakan desain kualitatif dengan pendekatan studi fenomenologi. Partisipan berjumlah 5 orang pasien DM usia dewasa di wilayah kerja Puskesmas Tanjung Palas yang dipilih secara *purposive sampling*. Pengumpulan data dilakukan melalui wawancara mendalam, observasi, dan dokumentasi. Analisis data menggunakan model interaktif Miles & Huberman berbantuan perangkat lunak ATLAS.ti.

Hasil analisis mengidentifikasi empat tema utama: (1) persepsi pasien bahwa DM sebagai beban psikis permanen yang memicu kecemasan terhadap makanan (*food anxiety*); (2) dinamika guncangan emosional (*Emotional Turbulence*) yang ditandai dengan *syok*, penyangkalan, dan ketakutan terhadap amputasi (*fear of amputation*); (3) dominasi koping spiritual, dengan strategi "pasrah", ikhlas, dan mendekatkan diri kepada Tuhan; (4) pada usia produktif dukungan keluarga menjadi faktor protektif utama.

Diagnosis DM memicu krisis emosional yang kompleks pada pasien dewasa. Meskipun mengalami tekanan psikologis berat, pasien mampu mengembangkan resiliensi melalui pendekatan spiritual (transendensi). Disarankan agar pelayanan keperawatan mengintegrasikan asuhan holistik berbasis *psycho-religy* dan penguatan dukungan keluarga.

Kata Kunci: *Diabetes Melitus, Psikologis, Koping Spiritual, Fenomenologi, Kualitatif.*

Daftar Pustaka 46 (2016-2025)

Ngudi Waluyo University
Bachelor of Nursing Program, Faculty of Health Sciences
Undergraduate Thesis, January 2026
Anom Pramono Hendrastito
Student ID: 017242050

PHENOMENOLOGICAL STUDY OF THE PSYCHOLOGICAL CONDITION OF DIABETES MELLITUS PATIENTS IN THE TANJUNG PALAS COMMUNITY HEALTH CENTER AREA
(xvi + 54 pages + 2 tables + 11 attachments)

ABSTRACT

Diabetes Melitus (DM) is a chronic disease that affects both physical and psychological conditions. In primary health care, nurses must understand the psychological aspects of patients to provide comprehensive care.

This study aims to explore in depth the psychological experiences of adult patients with DM, including their perceptions of the disease, emotional responses, coping strategies, and factors influencing their psychological condition.

A qualitative design with a phenomenological approach was employed. Five adult patients with DM from the working area of Puskesmas Tanjung Palas were selected through purposive sampling. Data were collected using in-depth interviews, observation, and documentation, and analyzed with Miles & Huberman's interactive model assisted by ATLAS.ti software.

The analysis identified four major themes: (1) patients perceive DM as a permanent psychological burden that triggers food-related anxiety; (2) emotional turbulence characterized by shock, denial, and fear of amputation; (3) predominance of spiritual coping strategies such as surrender, acceptance, and closeness to God; and (4) family support as a key protective factor during productive age.

The diagnosis of DM induces a complex emotional crisis in adult patients. Despite experiencing significant psychological distress, patients develop resilience through spiritual transcendence. It is recommended that nursing care integrate holistic approaches based on psycho-religious support and reinforcement of family involvement.

Keywords: *Diabetes Melitus, Psychological Experience, Spiritual Coping, Phenomenology, Qualitative.*
Bibliography 46 (2016-2025)