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GAMBARAN PERAWATAN DIRI PASIEN DIABETES MELITUS YANG MENGIKUTI PROLANIS DI PUSKESMAS LEREP KABUPATEN SEMARANG

ABSTRAK

Latar Belakang : Diabetes Melitus (DM) merupakan penyakit kronis yang memerlukan perawatan diri (self-care) berkelanjutan. Pasien Diabetes Melitus dianjurkan mengikuti prolanis agar perawatan diri secara optimal, khususnya dalam pengaturan pola makan, aktivitas fisik, dan pemantauan gula darah.
Tujuan : Penelitian ini bertujuan untuk menggambarkan perawatan diri pasien Diabetes Melitus Tipe 2 di puskesmas Lerep Kabupaten Semarang.
Metode : Penelitian deskriptif kuantitatif dengan desain cross sectional dilakukan pada 178 responden yang dipilih menggunakan purposive sampling. Data dikumpulkan menggunakan kuesioner Self-Care Inventory–Revised (SCI-R) dan dianalisis secara deskriptif.
Hasil : Sebagian besar responden berusia 60–74 tahun, berjenis kelamin perempuan, berpendidikan rendah, dan telah menderita DM lebih dari lima tahun. Manajemen diri berada pada kategori baik (51,7%) dan cukup (48,3%).
Simpulan : Perawatan diri pasien DM di Puskesmas Lerep tergolong cukup hingga baik, namun masih diperlukan edukasi dan pendampingan berkelanjutan untuk mengoptimalkan perawatan diri.
Saran : Pasien Diabetes Melitus Tipe 2 diharapkan dapat meningkatkan konsistensi dalam perawatan diri, meliputi pengaturan pola makan, aktivitas fisik, kepatuhan pengobatan, dan pemantauan kadar glukosa darah.

Kata kunci: Diabetes Melitus, perawatan diri, self-care

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SELF-CARE PRACTICES OF DIABETES MELLITUS PATIENTS PARTICIPATING IN PROLANIS AT LEREP PRIMARY HEALTH CARE, SEMARANG REGENCY

ABSTRACT

Background: Diabetes Mellitus (DM) is a chronic disease that requires continuous self-care. Patients with Diabetes Mellitus are encouraged to participate in the Chronic Disease Management Program (Prolanis) to optimize self-care, particularly in dietary management, physical activity, and blood glucose monitoring.
Objective: This study aimed to describe self-care practices among patients with Type 2 Diabetes Mellitus at Lerep Primary Health Care, Semarang Regency.
Methods: A descriptive quantitative study with a cross-sectional design was conducted among 178 respondents selected using purposive sampling. Data were collected using the Self-Care Inventory–Revised (SCI-R) questionnaire and analyzed descriptively.
Results: Most respondents were aged 60–74 years, female, had low educational levels, and had lived with Diabetes Mellitus for more than five years. Self-management was categorized as good (51.7%) and moderate (48.3%).
Conclusion: Self-care among patients with Diabetes Mellitus at Lerep Primary Health Care was generally moderate to good; however, continuous health education and ongoing support are still needed to optimize self-care.
Recommendation: Patients with Type 2 Diabetes Mellitus are expected to improve consistency in self-management, including dietary regulation, physical activity, medication adherence, and blood glucose monitoring.

Keywords: Diabetes Mellitus, self-care, nursing care