

SELF CARE MANAGEMENT IN DIABETES MELITUS PATIENTS AT NGANJUK COMMUNITY HEALTH CENTER

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Self-care management of diabetes is the basis for successful treatment of diabetes mellitus and plays an important role in achieving blood sugar control, reducing the risk of complications, improving quality of life and reducing the incidence of hospitalization. Several problems that arise in DM patients can be controlled if the patient can apply self-care management behavior to their disease. The aim of this research is to determine self-care management in diabetes mellitus sufferers at the Nganjuk Community Health Center. This research used a descriptive research design and this research was conducted at the Nganjuk Community Health Center. With the total population of diabetes mellitus sufferers at the Nganjuk Community Health Center being 55 people. With a sample of 53 respondents suffering from diabetes mellitus using accidental sampling technique. The variable of this research is Self Care Management in Diabetes Mellitus Patients. The research instrument used a questionnaire. The results of this study showed that of the 53 respondents, 41 respondents (77%) had good self-care management, 10 respondents (19%) had sufficient self-care management and 2 respondents (4%) had poor self-care management. Based on this research, almost all of them are in the good self-care management category. This is influenced by gender, age, education level, and length of time suffering from DM. Some of these factors, gender has an influence on the quality of self-care management, that is, women care more about their health status so they have good quality self-care management. It is hoped that diabetes mellitus sufferers can maintain self-care management to prevent complications.

Keywords: Diabetes Mellitus and Self Care Management

INTRODUCTION

The most serious public health problem faced in the world and a global health threat is Diabetes Mellitus (DM) (Ministry of Health, 2020). According to WHO 2023 Diabetes is a chronic metabolic disease characterized by increased blood glucose levels (blood sugar), which over time causes complications. Complications that occur due to DM are disorders of the blood vessels, both macrovascular and microvascular, as well as disorders of the nervous system or neuropathy. Macrovascular complications generally affect the heart, brain and blood vessels, while microvascular disorders can occur in the eyes and kidneys (Ministry of Health, 2020). Some of the problems that arise in DM patients can be controlled if patients can apply self-care management behavior to their disease (Milda Hidayah, 2019). Self-care management of diabetes is the basis for success in the treatment of diabetes mellitus and plays an important role in achieving blood sugar control, reducing the risk of complications, improving quality of life and reducing the incidence of hospitalization (Wisnatul Izzati 2023)

Self-care management carried out by people with diabetes mellitus includes diet, physical activity, drug therapy, monitoring blood sugar levels and foot care (Idris 2020, in Wisnatul Izzati 2023). The International Diabetes Federation (IDF) in 2022 reported that 537 million adults (20-79 years) were living with diabetes worldwide. This number is expected to increase to 643 million in 2030 and 784 million in 2045. According to the International Diabetes Federation (IDF) report, the number of diabetes sufferers in Indonesia actually reached 41.8 thousand people in 2022. This figure makes Indonesia the country with the most diabetes sufferers in ASEAN. According to RISKESDES data in 2018, the prevalence of diabetes mellitus based on doctor's diagnosis by province reached 1,017,290 cases in 34 provinces.

Several factors related to DM self-care management are age, gender, education level, and duration of DM. Age affects the ability to carry out DM self-care management, because the older a person is, the more stable their ability is, then this ability will begin to decrease when a person has entered the elderly stage. In the elderly, there are certain limitations, such as limitations in carrying out physical activities, so that this will affect the success of self-care (Anjasari & Sofiani, 2020). Then gender, diabetes self-care management can be done by anyone who suffers from diabetes, both men and women, but in reality women seem to care more about their health so that they try optimally to carry out self-management of the disease they are experiencing (Ningrum, 2019). A person with a high level of education has a higher level of self-care management, and it is easier to understand health information related to self-care management (Lenni & Lola, 2020). The length of time a person suffers from DM affects diabetes self-care where a longer duration of DM has a better understanding of the importance of diabetes self-care management behavior so that they can easily find information related to diabetes care that is carried out.

METHODS

This study uses a descriptive research design, namely research that aims to describe and explain important events that occur today (Nursalam, 2020), explaining Self Care Management of Diabetes Mellitus at the Nganjuk Health Center. The population in this study was 55 respondents with the Accidental Sampling technique and a sample of 53 respondents was obtained. Data collection used the Diabetes Self-Management Questionnaire (DSMQ) questionnaire.

RESULTS

Table 1. Characteristics of respondents based on gender in diabetes mellitus respondents

No	Category	Frequency	Percentage
1	Male	19	36
2	Female	34	64
	Amount	53	100

Based on table 1, it shows that of the 53 respondents, the majority of respondents were female, 34 respondents (64,2%)

Table 2. Characteristics of respondents based on age in diabetes mellitus respondents

No	Category	Frequency	Percentage
1	30 - 45 year	4	8
2	46 - 60 year	32	60
3	61 - 75 year	14	26
4	76 – 90 year	3	6
Amount		53	100

Based on table 2, it shows that of the 53 respondents, almost half of the respondents were aged 46 – 60 years, with 32 respondents (60%).

Table 3. Characteristics of respondents based on education in diabetes mellitus respondents

No	Category	Frequency	Percentage
1	Elementary school	10	19
2	Junior high school	13	25
3	Senior high school	23	43
4	Undergraduate	7	13
Amount		53	100

Based on table 3, it shows that of the 53 respondents, almost half of the respondents had a high school education, 23 respondents (43%).

Table 4. Characteristics of respondents based on occupation in diabetes mellitus

No	Category	Frequency	Percentage
1	Doesn't work	3	6
2	Self-employed	15	28
3	Housewife	23	43
4	Retired	3	6
5	Government worker	4	8
6	Farmer	5	9
Amount		53	100

Based on table 4, of the 53 respondents, almost half, namely 23 respondents (43%), have housewife jobs.

Table 5. Characteristics of respondents based on length of time suffering from diabetes mellitus

No.	Long Suffering	Frequency	Percentage
1.	< 1 year	2	4

2.	1 year	8	15
3.	2 year	14	26
4	> 2 year	29	55
Amount		53	100

Based on table 5, of the 53 respondents, the majority, namely 29 respondents (55%), had suffered from diabetes mellitus for > 2 years.

Table 6. Frequency Distribution of Self Care Management in Diabetes Mellitus Patients at Nganjuk Health Center

No.	<i>Self Care</i> Management	Frequency	Percentage
1.	Good	41	77
2.	Enough	10	19
3.	Not enough	2	4
Amount		53	100

The table above shows that of the 53 respondents, almost all of them had insufficient knowledge, 44 respondents (81.5%).

DISCUSSION

Based on the results of the study from 53 respondents, it showed that 41 respondents (77%) of diabetes mellitus sufferers at the Nganjuk Health Center had good self-care management quality. This is supported by the majority of females as many as 26 respondents (63%), most aged 46-60 years as many as 23 respondents (56%), almost half of the respondents' last education was high school as many as 20 respondents (49%), almost half of the respondents had suffered from DM for >2 years as many as 20 respondents (48%). According to (Fatimah, 2016 in Ningrum, 2019) female DM sufferers have better self-care management activities compared to male DM sufferers. This is in line with research (Irma, 2022) which states that the most common level of self-care management is good with the most common gender in women.

According to (Irma, 2022) age has a positive relationship with self-care management of diabetes mellitus, where the more mature a person's age will have a lot of experience in the care or management of diabetes mellitus. This is in line with research (Irma, 2022) which states that the most common level of self-care management is good with the most common age occurring at over 40 years of age.

A person with higher education generally has a good understanding of the importance of self-care behavior and has good self-management skills to use information about diabetes obtained through the media compared to a low level of education (Bai, Chou & Chang, 2009 in Ningrum, 2019). This is in line with research (Pertiwi & Rakhmat 2021) which states that the most common level of self-care management is good with the highest level of education being high school.

A person who has been diagnosed with diabetes for years can accept the diagnosis of their disease and its treatment regimen, and have better adaptation to their disease by integrating a new lifestyle into

their daily lives (Xu, Pan & Liu, 2010 in Ningrum, 2019). This is in line with research (Irma, 2022) which states that the most common level of self-care management is good with the duration of suffering from DM most often occurring for >2 years.

According to the author, diabetes mellitus patients at the Nganjuk Health Center have good self-care management quality because they are active in participating in prolanis (Chronic Disease Management Program) activities, a program that aims to improve the quality of life of chronic disease sufferers. DM patients aged 46-60 years have good self-care management quality because as a person's age gets more mature, they will pay more attention to managing the prevention of complications of diabetes mellitus that they suffer from and there is self-awareness that as age increases, a person's immune response ability will also decrease so that they are susceptible to disease. DM patients with female gender have good self-care management quality because women care more about their health status so that diabetes is really taken care of. DM patients with a high school education level have good self-care management because the higher a person's education level, the easier it is to receive information and have a good understanding of diabetes mellitus self-care management behavior. DM patients with a duration of DM > 2 years have good self-care management quality because the longer a person suffers from DM, the more they will understand how to prevent complications from the disease.

CONCLUSION

Based on the results of the research that has been conducted, it shows that from 53 respondents, the following conclusions can be drawn: Of the 53 respondents, the majority, namely 41 respondents (77%) of diabetes mellitus sufferers at the Nganjuk Health Center have good self-care management quality.

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