THESIS

THE CORRELATION BETWEEN ILLNESS PERCEPTION AND SELF-CARE MANAGEMENT IN TYPE 2 DIABETES MELLITUS PATIENTS IN THE WORKING AREA OF KABAT PUBLIC HEALTH CENTER BANYUWANGI IN 2023

By:

AULIA AMALIA
2019.02.005

BACHELOR OF NURSING SCIENCES STUDY PROGRAM
BANYUWANGI INSTITUTE OF HEALTH SCIENCES
BANYUWANGI

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To obtain a Bachelor of Nursing Degree (S. Kep) in the Bachelor of Nursing Sciences Study Program at STIKES Banyuwangi

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2023

STATEMENT OF ORIGINALITY

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PREFACE

In the name of Allah, the beneficent and merciful. All praise is merely to the Mightiest Allah SWT, the Lord of the worlds, for the gracious mercy and blessing that enable me to accomplish this thesis. This thesis entitled "The Correlation Between Illness Perception and Self-care Management in Type 2 Diabetes Mellitus Patients in The Working Area of Kabat Public Health Center Banyuwangi in 2023" is submitted to fulfil one of the requirements in accomplishing the Bachelor of Nursing Degree at STIKES Banyuwangi.

There are many people who have helped the researcher in completing this thesis. First of all, the researcher would like to express her sincere gratitude and respect to:

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May the almightiest Allah SWT return the favor to all those who have provide support, assistance, and opportunities in completing this thesis. The researcher is fully aware that the writing of this thesis still far from perfection, so the researcher begs for critic and suggestions that are constructive. The researcher hopes that this proposal can be useful for readers and the world of nursing.

Banyuwangi, September 2023

Researcher

AULIA AMALIA

ABSTRACT

THE CORRELATION BETWEEN ILLNESS PERCEPTION AND SELF-CARE MANAGEMENT IN TYPE 2 DIABETES MELLITUS PATIENTS IN THE WORKING AREA OF KABAT PUBLIC HEALTH CENTER BANYUWANGI IN 2023

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Type 2 DM is a chronic disease that need a self-care management to prevent the complications. Illness perception is one of the factors that affecting self-care management in type 2 DM patients. This study aimed to determine the correlation between illness perception and self-care management in type 2 DM patients at the working area of Kabat Public Health Center Banyuwangi in 2023.

This research used cross sectional design with 76 respondents who were selected by using accidental sampling technique. Data collection used was Brief Illness Perceptions Questionnaire (BIPQ) and Summary Diabetes Self Care Activities (SDSCA) – Revised. For the analysis test used SPSS version 16.

The results of data analysis showed the highest score of IP dimension was treatment control with the score of 7.93. The lowest score was timeline with the score of 8.3. The highest score of SCM in type 2 DM patients was diet management with the score of 23.7. The lowest mean score was blood glucose monitoring with the score of 1.43. The study used Pearson Product Moment test and it showed that P-value was 0.003, it means there was correlation between illness perception and self-care management in type 2 DM patients and the strength of the correlations (r) was 0.335.

Therefore, it is very important to increase the illness perception to achieve good self-care management in type 2 DM patients. The nurses should consider these aspects in providing the care to type 2 DM patients.

Keywords: Type 2 DM, Illness Perception, Self-care Management

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LIST OF ABBREVIATIONS

ADA	: American Diabetes Association
BIPQ	: Brief Illness Perception Questionnaire
BMI	: Body Massa Index
DinKes	: Dinas Kesehatan
DM	: Diabetes Mellitus
IDF	: International Diabetes Federation
PAD	: Peripheral Arterial Disease
PROLANIS	: Program Pengelolaan Penyakit Kronis
Riskesdas	: Riset Kesehatan Dasar
SDSCA	: Summary of Diabetes Self-Care Activity
T1DM	: Type 1 Diabetes Mellitus
T2DM	: Type 2 Diabetes Mellitus
WHO	: World Health Organization

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