

**KESEHATAN MASYARAKAT
FAKULTAS ILMU KESEHATAN
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ABSTRAK

ALYA REGITA CAHYA PRAMESTI

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU *SELF MANAGEMENT* PADA PENDERITA DIABETES DI PUSKESMAS TAWANG KOTA TASIKMALAYA

Diabetes melitus merupakan penyakit kronis yang membutuhkan pengelolaan jangka panjang melalui perilaku *self management*. Namun, masih banyak penderita yang belum melaksanakan *self management* dengan baik. Faktor predisposisi seperti tingkat pengetahuan, *self efficacy*, dan motivasi diduga berperan penting terhadap perilaku tersebut. Tujuan dari penelitian ini untuk mengetahui hubungan tingkat pengetahuan, *self efficacy*, dan motivasi dengan perilaku *self management* pada penderita diabetes melitus di wilayah kerja Puskesmas Tawang Kota Tasikmalaya tahun 2025. Variabel terikat dalam penelitian ini adalah perilaku *self management*, sedangkan variabel bebasnya adalah tingkat pengetahuan, *self efficacy*, dan motivasi. Metode penelitian ini menggunakan desain *cross sectional*. Populasi penelitian ini adalah seluruh penderita diabetes melitus di Puskesmas Tawang (726 orang). Sampel penelitian sebanyak 140 responden dipilih menggunakan teknik *simple random sampling*. Instrumen yang digunakan adalah kuesioner DKQ-24 untuk tingkat pengetahuan, DMSES untuk *self efficacy*, TSRQ untuk motivasi dan DSMQ untuk perilaku *self management*. Analisis data dilakukan secara univariat dan bivariat dengan uji *Chi-Square* ($\alpha=0.05$). Hasil pada penelitian ini sebagian besar responden memiliki perilaku *self management* kurang (67.1%). Analisis bivariat menunjukkan adanya hubungan signifikan antara tingkat pengetahuan dengan perilaku *self management* dengan nilai OR sebesar 4.480 dengan CI = 2.080 – 9.650. adanya hubungan *self efficacy* dengan perilaku *self management* dengan nilai OR sebesar 166.500 dengan CI = 21.601 – 1283.378. dan adanya hubungan motivasi dengan perilaku *self management* dengan nilai OR sebesar 186.900 dengan CI = 47.730 – 731.864. Saran agar Puskesmas meningkatkan edukasi, dukungan sosial dan pendampingan bagi pasien untuk memperkuat pengetahuan, *self efficacy*, serta motivasi dalam pengelolaan diabetes.

Kata Kunci: Diabetes Melitus, *Self Management*, Pengetahuan, *Self Efficacy*, Motivasi

ABSTRACT

ALYA REGITA CAHYA PRAMESTI

FACTORS RELATED TO SELF-MANAGEMENT BEHAVIOR IN DIABETES PATIENTS AT THE TAWANG COMMUNITY HEALTH CENTER, TASIKMALAYA CITY

Diabetes mellitus is a chronic disease that requires long-term management through self-management behavior. However, many sufferers still do not implement self-management properly. Predisposing factors such as knowledge level, self-efficacy, and motivation are thought to play an important role in this behavior. The purpose of this study was to determine the relationship between knowledge level, self-efficacy, and motivation with self-management behavior in diabetes mellitus sufferers in the Tawang Community Health Center work area, Tasikmalaya City in 2025. The dependent variable in this study was self-management behavior, while the independent variables were knowledge level, self-efficacy, and motivation. This study used a cross-sectional design method. The population of this study was all diabetes mellitus sufferers at Tawang Community Health Center (726 people). A sample of 140 respondents was selected using a simple random sampling technique. The instruments used were the DKQ-24 questionnaire for knowledge level, DMSES for self-efficacy, TSRQ for motivation, and DSMQ for self-management behavior. Data analysis was performed univariately and bivariately with the Chi-Square test ($\alpha = 0.05$). The results of this study showed that most respondents had poor self-management behavior (67.1%). Bivariate analysis showed a significant relationship between the level of knowledge and self-management behavior with an OR value of 4,480 with CI = 2,080 - 9,650. There was a relationship between self-efficacy and self-management behavior with an OR value of 166.500 with CI = 21.601 – 1283.378. And there was a relationship between motivation and self-management behavior with an OR value of 186,900 with CI = 47,730 - 731,864. Suggestions for the Community Health Center to improve education, social support and assistance for patients to strengthen knowledge, self-efficacy, and motivation in managing diabetes.

Keywords: *Diabetes Mellitus, Self-Management, Knowledge, Self-Efficacy, Motivation*