

**EFEKTIVITAS EDUKASI DIABETES TERPADU TERHADAP DIABETES
SELF-CARE MANAGEMENT PADA PENDERITA DIABETES MELLITUS
DI PUSKESMAS LABRUK**

SKRIPSI



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EFEKTIVITAS EDUKASI DIABETES TERPADU TERHADAP DIABETES *SELF-CARE* MANAGEMENT PADA PENDERITA DIABETES MELLITUS DI PUSKESMAS

EFFECTIVENESS OF AN INTEGRATED DIABETES EDUCATION PROGRAM ON DIABETES SELF-CARE MANAGEMENT AMONG PATIENTS WITH DIABETES MELLITUS AT LABRUK KIDUL COMMUNITY HEALTH CENTER, LUMAJANG

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ABSTRAK

Pendahuluan: Diabetes Mellitus merupakan penyakit kronis yang membutuhkan pengelolaan jangka panjang melalui perawatan mandiri. *Diabetes Self-Care Management* mencakup pengaturan pola makan, aktivitas fisik, pemantauan kadar glukosa darah, kepatuhan minum obat, dan perawatan kaki. Dalam pelaksanaannya, penderita Diabetes Mellitus masih dapat mengalami kesulitan dalam menjalankan perawatan mandiri secara konsisten. Kondisi tersebut menunjukkan perlunya edukasi yang terstruktur dan mencakup berbagai aspek pengelolaan Diabetes Mellitus. Edukasi diabetes terpadu dapat meningkatkan pengetahuan dan keterampilan pasien yang mendukung pelaksanaan perawatan mandiri.

Tujuan: Penelitian ini bertujuan untuk mengetahui efektivitas edukasi diabetes terpadu terhadap *Diabetes Self-Care Management* pada penderita Diabetes Mellitus di Puskesmas Labruk Kidul.

Metode: Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one-group pretest-posttest design*. Sampel terdiri atas 35 responden yang dipilih menggunakan teknik *total sampling*. Edukasi diabetes terpadu diberikan dalam 3 sesi dengan materi pengaturan pola makan, aktivitas fisik, pemantauan kadar glukosa darah, kepatuhan pengobatan, dan perawatan kaki. Materi tersebut disesuaikan dengan komponen *Diabetes Self-Care Management* yang diukur menggunakan kuesioner sebelum dan sesudah intervensi. Analisis data menggunakan *Wilcoxon Signed Rank Test* dengan tingkat signifikansi $\alpha = 0,05$.

Hasil: Sebelum edukasi, sebagian besar responden memiliki *Diabetes Self-Care Management* kategori cukup sebanyak 25 responden (71,4%). Setelah edukasi, sebagian besar responden berada pada kategori baik sebanyak 24 responden (68,6%). Hasil uji *Wilcoxon Signed Rank Test* menunjukkan $Z = -4,396$ dengan $p < 0,001$, sehingga terdapat peningkatan *Diabetes Self-Care Management* yang signifikan setelah pemberian edukasi diabetes terpadu.

Kesimpulan: Edukasi diabetes terpadu efektif meningkatkan *Diabetes Self-Care Management* pada penderita Diabetes Mellitus.

Kata kunci: Diabetes Mellitus; edukasi diabetes; perawatan mandiri; pengelolaan diri.

ABSTRACT

Introduction: *Diabetes mellitus is a chronic disease that requires long-term management through consistent self-care. Diabetes Self-Care Management includes dietary management, physical activity, blood glucose monitoring, medication adherence, and foot care. In practice, patients with diabetes mellitus may experience difficulties in performing self-care activities consistently. This condition indicates the need for structured education that addresses various aspects of diabetes management. Integrated diabetes education can improve patients' knowledge and skills to support effective self-care practices.*

Objective: *This study aimed to determine the effectiveness of an integrated diabetes education program on Diabetes Self-Care Management among patients with diabetes mellitus at Labruk Kidul Community Health Center.*

Methods: *This study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 35 respondents selected using total sampling. The integrated diabetes education program was delivered in three sessions covering dietary management, physical activity, blood glucose monitoring, medication adherence, and foot care. The educational materials were aligned with the components of Diabetes Self-Care Management measured using a questionnaire before and after the intervention. Data were analyzed using the Wilcoxon Signed Rank Test with a significance level of $\alpha = 0.05$.*

Results: Before the intervention, most respondents had a moderate level of Diabetes Self-Care Management, with 25 respondents (71.4%). After the intervention, most respondents had a good level of Diabetes Self-Care Management, with 24 respondents (68.6%). The Wilcoxon Signed Rank Test showed $Z = -4.396$ and $p < 0.001$, indicating a significant improvement in Diabetes Self-Care Management after the integrated diabetes education program.

Conclusion: Integrated diabetes education was effective in improving Diabetes Self-Care Management among patients with diabetes mellitus.

Keywords: Diabetes mellitus; diabetes education; self-care; self-management.