

ABSTRAK

Pencapaian keberhasilan *self – management* pada pasien diabetes melitus tipe 2 membutuhkan *empowerment* terhadap dirinya. *Empowerment* merupakan kekuatan pasien dalam bertanggung jawab kepada dirinya sendiri. Ada beberapa faktor yang dapat mempengaruhi *empowerment* pasien yaitu faktor individu, *perceived benefits*, *perceived barriers*, pengetahuan, dukungan keluarga, *self – efficacy*, dan ekonomi. Mengetahui kebutuhan pemberdayaan terhadap *self – management* pada pasien diabetes melitus tipe 2 di RS PKU Muhammadiyah Yogyakarta. Desain penelitian ini adalah metode deskriptif *cross – sectional*. Sampel dalam penelitian ini sebanyak 35 orang pasien DM tipe 2 yang ditentukan dengan metode *accidental sampling*. Penelitian ini menggunakan kuesioner SDSCA, DES – SF, *perceived benefits*, *perceived barriers*, pengetahuan, dan *self – efficacy*. Hasil dari kuesioner dianalisis menggunakan uji univariat. Hasil penelitian menunjukkan bahwa dari 35 responden hanya 18 responden (51.4%) yang memiliki perilaku *self – empowerment* yang tinggi, 31 responden (88.6%) memiliki sikap *self – empowerment* yang positif, 32 responden (91.4%) memiliki *perceived benefits* yang sedang, dan 18 responden (51.4%) memiliki *perceived barriers* yang rendah. Mayoritas responden memiliki tingkat pengetahuan dan *self – efficacy* yang cukup (71.4% dan 77.1%). Pasien DM perlu untuk meningkatkan pemberdayaan pada dirinya sendiri agar dapat menjalankan *self – management* dengan patuh. Faktor yang dapat mempengaruhi pemberdayaan pasien DM yaitu *perceived benefits*, *perceived barriers*, pengetahuan dan *self – efficacy*. Hasil penelitian ini menunjukkan bahwa *self – management* responden dalam kategori tinggi, *self – empowerment* responden dalam kategori positif, *perceived benefits* responden dalam kategori sedang, *perceived barriers* responden dalam kategori rendah, tingkat pengetahuan dan *self – efficacy* responden adalah cukup.

Kata Kunci : diabetes melitus, pemberdayaan (*empowerment*), *self – management* DM

ABSTRACT

Diabetes self-empowerment is one of important aspect to control diabeetes. The empowerment patients are able to self-manage theeir diabetes and achieve better glucose control. There are several factors that influence patients empowerment including individual factors, perceived benefits, perceived barriers, knowledge, family support, self efficacy, and economy. The objective of this study was to assess the empowerment needs of diabetes self-management among patients woth type 2 DM in PKU Muhammadiyah Yogyakarta. This was description study with cross sectional approach. Thirty five respondents which were selected through accidental sampling participated in this study. The data were colloected by using the SDSCA, the DES-SF, and empowerment needs questionnaires. The empowerment needs consisted of knowledge, perceived benefits, perceived barriers, and self-efficacy. The data were analyzed by using description statistics. The result of the study showed that 18 respondents (51.4%) had high self-management behavior and 31 respondents (88.6%) had positive attitudes towards self – empowerment. The patients perceived benefits, knowledge and self-efficacy were in moderate level (91.4%, 71.4%, and 77.1%) respectively. The patients perceived barriers were low (51.4%). To be an empowerment patients. They must improve their perceived benefits, knowledge, and self-efficacy. Nurse must consider the aspects that need to be improved to promote better diabetes self-management. Further researach is needed to determine various factorss thaat can empower the patients.

Keywords: *diabetes mellitus, DM self – management, empowerment*

