# The Relationship Between Family Support and Self-management in Patient With Type 2 Diabetes Mellitus

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## Abstract

**Background:** Diabetes mellitus is one of chronic disease that need comperhensive management. Self management is the key of success of diabetes management that need family support. **Objective:** To determine The Relationship Between Family Support and Self-management in Patient With Type 2 Diabetes Mellitus. **Methods:** This research was a quantitative research with descriptive-correlative research design with cross sectional approach. Samples in this study were 55 respondents obtained with purposive sampling technique. The family support level variables were measured using the Diabetes Social Support Questionnaire-Family (DSSQ-Family) and the self-management variables were measured by the Diabetes Self-management Questionare (DSMQ). The statistical test used Sommers'D test. **Result:** The results was showed that there was no significant relationship between family support variable and self-management (p=0,216). Although their family support was in low level, self management of patient was good enough. This is because the patient knowladge was good. The prolanis program whic fasilitated by primer health center succeeds to increase the patient's knowledge of their disease. **Conclusion:** There is no relationship between family support and diabetes self-management in patients with type 2 diabetes mellitus at the city health center Wirobrajan.

**Keyword:** family support, diabetes self-management, diabetes mellitus type 2

# HUBUNGAN DUKUNGAN KELUARGA DENGAN *SELF-MANAGEMENT* PADA PENDERITA DIABETES MELLITUS TIPE 2

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## Intisari

**Latar Belakang:** Diabetes merupakan penyakit kronik yang membutuhkan penanganan penuh. *Self management* merupakan kunci berhasilnya *diabetes self management* yang membutuhkan dukungan dari keluarga. **Tujuan Penelitian:** Untuk mengetahui hubungan antara dukungan keluarga dengan *diabetes self-management* pada penderita diabetes melitus tipe 2 di puskesmas Wirobrajan kota Yogyakarta. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan rancangan penelitian deskriptif-korelatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini sebanyak 55 orang responden yang didapatkan dengan teknik *purposive sampling*. Variabel tingkat dukungan keluarga diukur menggunakan *The Diabetes Social Support Questionnaire-Family (DSSQ-Family)* dan variabel *self management* diukur dengan *Diabetes Self-management Questionare (DSMQ)*. Analisis data menggunakan uji *Sommers' D*. **Hasil:** hasilnya menunjukkan bahwa tidak terdapat hubungan anatar dukungan keluarga dengan *self management* (p=0,216). Walaupun dukugan keluarga yang dimiliki masuk dalam level kurang, tetapi *self management* yang dimiliki pasien baik. Hal ini karena pengetahuan yang dimiliki oleh pasien cukup baik. Program prolanis yang di fasilitasi oleh puskesmas berjalan dengan baik sehingga pengetahuan pasien terkait penyakitnya meningkat. **Kesimpulan:** Tidak terdapat hubungan antara dukungan keluarga dengan *diabetes self management* pada pasien diabetes melitus tipe 2 di puskesmas Wirobrajan kota.

**Kata Kunci:** dukungan keluarga, *diabetes self management,* diabetes melitus tipe-2