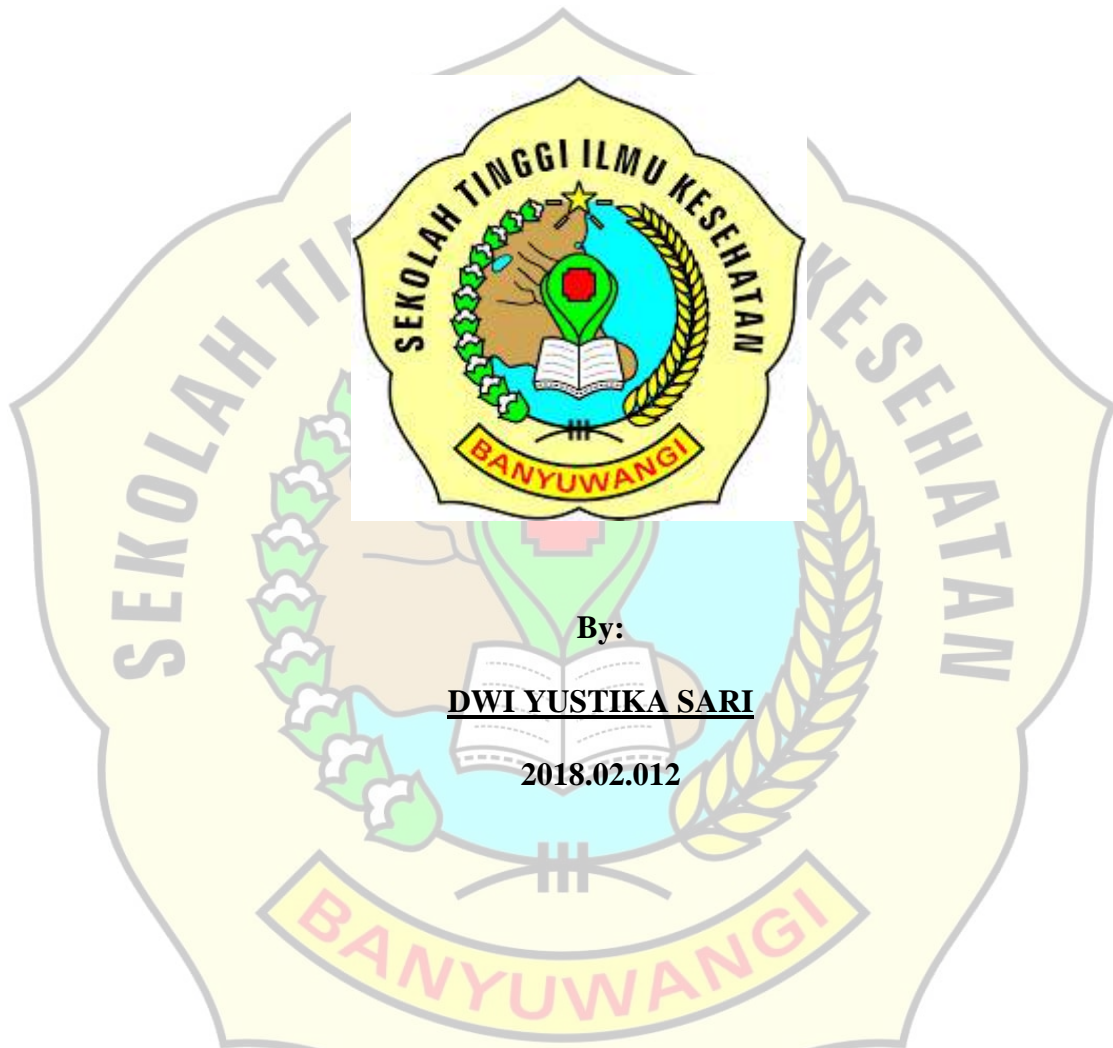


THESIS
THE CORRELATION BETWEEN SELF MANAGEMENT LEVEL AND
BLOOD GLUCOSE IN TYPE 2 DIABETES MELLITUS AT
KLATAK COMMUNITY HEALTH CENTER IN 2022



By:

DWI YUSTIKA SARI

2018.02.012

BACHELOR OF NURSING STUDY PROGRAM
BANYUWANGI INSTITUTE OF HEALTH SCIENCE

BANYUWANGI

2022

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



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BANYUWANGI

2022

STATEMENT OF ORIGINALITY

I hereby declare that this thesis is the result of my own scientific writing, and I do not do plagiarism activities in writing this thesis entitled:

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Banyuwangi, 30th June 2022



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Thesis entitled:

The Correlation Between Self Management Level and Blood Glucose in Type 2

Diabetes Mellitus at Klatak Community Health Center in 2022

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**“The Correlation Between Self Management Level and Blood Glucose in
Type 2 Diabetes Mellitus at Klatak Community Health Center in 2022”**

Willing to be published in a magazine or scientific journal on behalf of the supervisor while still including my name as a researcher.

Banyuwangi, 05th August 2022

Who make a statement



Dwi Yustika Sari

2018.02.012

PREFACE

Praise be to God Almighty for all His blessings and guidance so that the author can complete the Research Thesis entitled " The Correlation Between Self Management Level and Blood Glucose in Type 2 Diabetes Mellitus at Klatak Community Health Center In 2022", as one of the requirements for obtained a Bachelor of Nursing (S. Kep) in the S1 Nursing study program of STIKES Banyuwangi. In this case the author has received a lot of help from various parties, therefore on this occasion the author would like to thanks:

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7. To my beloved and beloved parents, Mr. Yusron Anshori and Mrs. Susianti and elder sister Silvia Puspita Sari, the family who have provided motivation, prayers, and support in terms of moral and material.
8. Ramadhan Ardhiansyah who has helped and supported me to complete my research thesis.
9. Fellow comrades for students of level 4A and 4B Nursing Study Program STIKES Banyuwangi, and all parties who helped complete this research thesis.

May God Almighty reward you for all the good deeds that have been given. The author realizes that this research proposal still has many shortcomings in writing, compiling, or presenting the material. For this reason, the authors expect criticism and suggestions from readers as material to complete the preparation of the next report and hopefully this research proposal will be useful for all parties.

Banyuwangi, 08th February 2022

Writer



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2018.02.012

ABSTRACT

THE CORRELATION BETWEEN SELF MANAGEMENT LEVEL AND BLOOD GLUCOSE IN TYPE 2 DIABETES MELLITUS AT KLATAK COMMUNITY HEALTH CENTER IN 2022

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Diabetes mellitus (DM) is a condition of high blood sugar levels caused by unstable blood sugar levels in diabetics. DM can not only be treated with pharmacological therapy, but must be followed by non-pharmacological therapy, one of which is self-management. This study aimed to determine the relationship between the level of self management and blood glucose in type 2 diabetes mellitus at the Klatak Health Center in 2022.

This research method used a cross sectional design with 35 respondents were selected by accidental sampling technique. Data collection used Questionnaire Summary Diabetes Self Care Activities (SDSCA) and Glucometer which was held on May 11th – May 23rd, 2022.

The results of data analysis were (62,9%) patients with Type 2 DM experienced self-management in the medium category and (88,6%) experienced blood sugar levels in the high category. After testing by using the Spearman rank test with SPSS version 25 with a significance of 0,05 (5%), obtained P value of 0,180 which means ($P > 0,05$), the alternative hypothesis is rejected and H_0 is accepted, meaning that there is no relationship between self-management and glucose blood in patients with type 2 diabetes mellitus. With a close correlation of 0,232, the correlation strength was low. The correlation coefficient is negative so that the relationship between the two variables is not in the same direction.

It is very important for respondents to improve self-management in order to have stable or normal blood sugar levels, this can prevent complications in people with diabetes Mellitus. It is very important for respondents to improve self-management in order to have stable or normal blood sugar levels, this can prevent complications in people with Diabetes Mellitus. The higher the level of self-management, the lower the blood sugar.

Keywords: *Self Management, Blood Sugar Levels, Type 2 Diabetes Mellitus*

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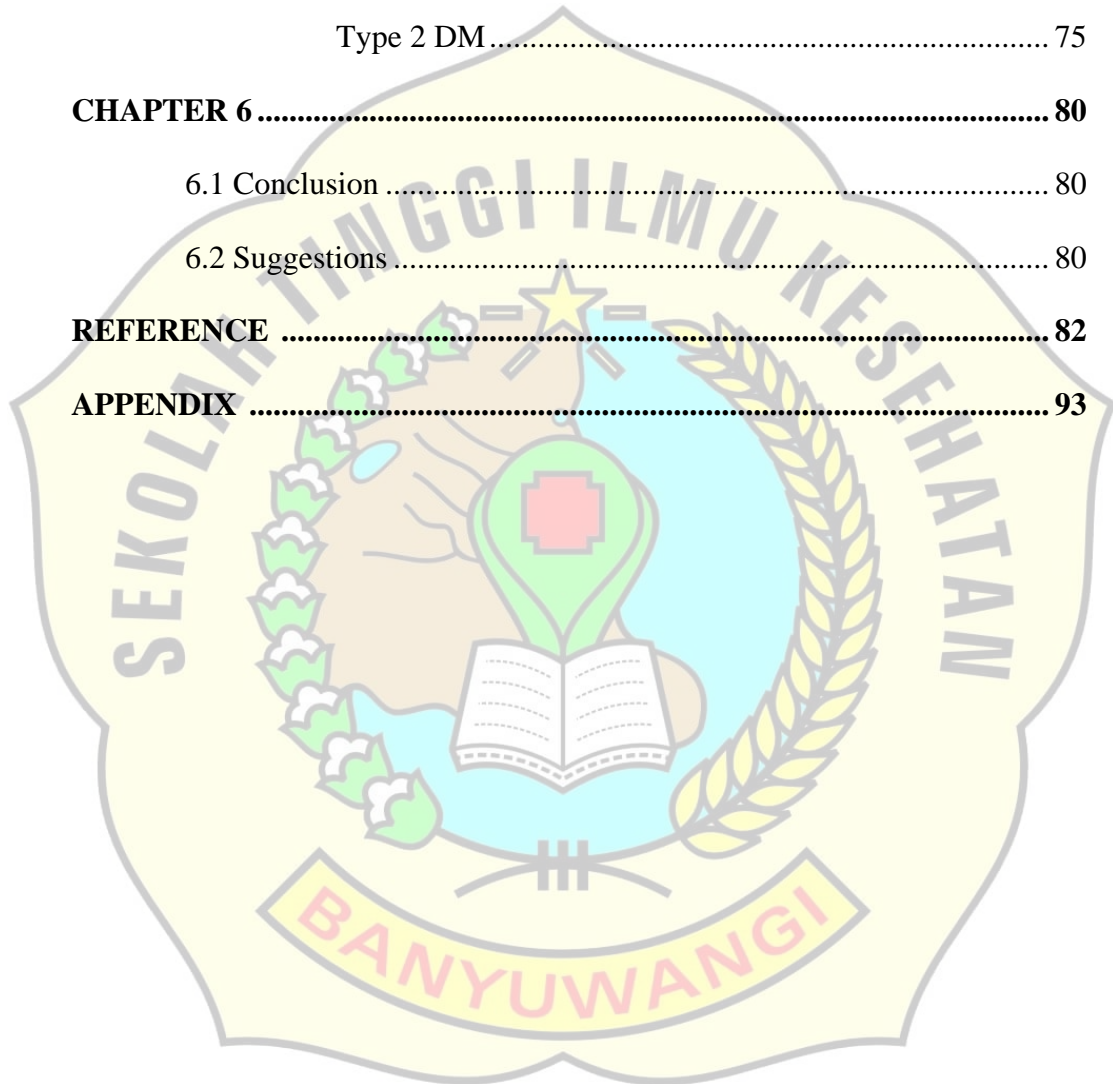
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LIST OF ABBREVIATIONS



IDF	: Internasional Diabetes Federation
WHO	: World Health Organization
ADA	: American Diabetes Association
GDPT	: Glukosa Darah Puasa Terganggu
BMI	: Body Massa Index
GDM	: Gestational Diabetes Mellitus
Riskesdas	: Riset Kesehatan Dasar
Dinkes	: Dinas Kesehatan
DM	: Diabetes Mellitus
Kemenkes	: Kementerian Kesehatan
DMT2	: Type 2 Diabetes Mellitus
OGTT	: Oral Glucose Tolerance Test
NIDDM	: Non Insulin Dependent Diabetes Melitus
ACTH	: Adrenocorticotropic Hormone
TGT	: Toleransi Glukosa Terganggu
GDP	: Gula Darah Puasa
GDS	: Gula Darah Sewaktu
HbA1C	: Glycated Hemoglobin atau Glycosylated Hemoglobin
HHNK	: Hiperosmeler Non Ketotik
SDSCA	: Summary of Diabetes Self-Care Activity Questionnaire

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