

**FAKULTAS ILMU KESEHATAN
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**SELFF EFFICACY PADA PENDERITA PENYAKIT DIABETES
MELITUS DI WILAYAH KERJA PUSKESMAS CIGEUREUNG
KOTA TASIKMALAYA**

ABSTRAK

Diabetes melitus (DM) merupakan suatu penyakit kronis yang mempunyai dampak negatif terhadap fisik maupun psikologis penderita. Dalam upaya mempertahankan kesehatan, setiap individu memerlukan *self efficacy*, sehingga dengan memiliki *self efficacy* penderita dapat melakukan perawatan dan melakukan manajemen diabetes yang bertujuan penderita mampu melakukan perawatan diri sesuai dengan yang dianjurkan. Penelitian ini bertujuan untuk mengetahui *Self Efficacy* pada penderita penyakit diabetes melitus baik dalam indicator kekuatan, kesulitan dan generalitas. Jenis penelitian kuantitatif dengan metode deskriptif. Sampel sebanyak 44 orang yang diperoleh dengan teknik purposive sampling. Data diperoleh dengan menggunakan format kuesioner dan dianalisis dengan uji distribusi frekuensi. Hasil penelitian didapatkan *Self Efficacy* pada pasien DM dimensi kesulitan termasuk kategori tinggi (63.6%), dimensi kekuatan termasuk kategori tinggi (65.9%) dan dimensi generalitas termasuk kategori tinggi (61.4%). pada penderita penyakit diabetes melitus di Wilayah Kerja Puskesmas Cigeureung Kota Tasikmalaya. Kesimpulan dari penelitian ini bahwa *Self Efficacy* pada pasien DM dimensi kesulitan, dimensi kekuatan dan dimensi generalitas termasuk kategori tinggi. Oleh karena itu perawat disarankan meningkatkan self efficacy penderita diabetes mellitus melalui pemberian edukasi sehingga penderita memiliki keyakinan, kemampuan untuk sembuh.

Kata Kunci : *Self efficacy*, diabetes mellitus

Kepustakaan : 29 (2012-2022)

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**SELF EFFICACY IN PATIENTS WITH DIABETES MELLITUS IN THE
WORK AREA OF CIGEUREUNG PUSKESMAS
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ABSTRACT

Diabetes mellitus (DM) is a chronic disease that has a negative impact on the patient's physical and psychological. In an effort to maintain health, every individual needs self-efficacy, so that by having self-efficacy the patient can treat and manage diabetes, which aims to make the patient able to carry out self-care as recommended. This study aims to determine Self Efficacy in people with diabetes mellitus both in indicators of strength, difficulty and generality. This type of quantitative research with descriptive method. A sample of 44 people was obtained by purposive sampling technique. Data was obtained using a questionnaire format and analyzed by using the frequency distribution test. The results showed that Self Efficacy on the dimensions of difficulty including high (63.6%), the dimensions of strength including high (65.9%) and the dimension of generality including high (61.4%). in patients with diabetes mellitus in the Work Area of the Cigeureung Health Center, Tasikmalaya City. The conclusion from this research is that Self Efficacy on the dimensions of difficulty, dimensions of strength and dimensions of generality in people with diabetes mellitus is high. Therefore, nurses are advised to increase the self-efficacy of people with diabetes mellitus through the provision of education so that patients have confidence and the ability to recover.

Keywords: *Self efficacy, diabetes mellitus*

Literature : 29 (2012-2022)