

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
FAKULTAS ILMU KESEHATAN  
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**ABSTRAK**

**HUBUNGAN *SELF EFFICACY* DENGAN KADAR  
GULA DARAH PADA PASIEN DIABETES MELITUS  
DI RSUD Dr. SOEKARDJO KOTA TASIKMALAYA**

xii bagian awal + 75 halaman + 7 tabel + 1 bagan + 14 lampiran

*Self efficacy* menjadi salah satu penentu keberhasilan perawatan diri penderita diabetes melitus. *Self efficacy* yang rendah akan berdampak menurunnya perawatan diri pasien diabetes dalam mematuhi berbagai faktor seperti diet, olahraga, kontrol gula darah, terapi dan pendidikan atau edukasi. Tujuan penelitian diketahuinya hubungan antara *self efficacy* dengan kadar gula darah pada pasien diabetes melitus di RSUD Dr. Soekardjo Kota Tasikmalaya. Metode penelitian yang digunakan adalah deskriptif kolerasi dengan pendekatan *cross sectional*. Sampel sebanyak 50 orang dengan teknik *accidental sampling* selama 2 minggu. Proses pengumpulan data menggunakan kuisioner dan analisis dengan distribusi frekuensi dan *chi-square test*. Hasil penelitian menunjukkan *self efficacy* pada pasien diabetes melitus sebagian besar termasuk tinggi (60%), kadar gula darah dengan nilai gula darah sewaktu termasuk kategori tinggi (62%) dengan gula darah sewaktu tidak normal. Hasil analisis bivariat menunjukkan terdapat hubungan antara *Self efficacy* dengan kadar gula darah pada pasien diabetes melitus di RSUD Dr. Soekardjo Kota Tasikmalaya dengan  $\rho$  value 0,015. Hal ini ditunjukkan dengan hasil uji *Chi-Square Test* dengan nilai  $\rho = 0,015$  sehingga nilai ( $\rho < 0,05$ ). Kesimpulan terdapat hubungan antara *self efficacy* dengan kadar gula darah pada pasien diabetes melitus di RSUD Dr. Soekardjo Kota Tasikmalaya. Saran dari penelitian ini dapat digunakan sebagai sumber informasi bagi penderita diabetes melitus untuk mengetahui dalam meningkatkan kemampuan mengelola penyakitnya secara mandiri dalam upaya mempertahankan kesehatan

**Kata kunci** : diabetes melitus, *self efficacy*, kadar gula darah

**Pustaka** : 34 (2013-2023)

**MUHAMMADIYAH UNIVERSITY TASIKMALAYA  
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**ABSTRACT**

**THE RELATIONSHIP BETWEEN SELF EFFICACY AND LEVELS  
BLOOD SUGAR IN DIABETES MELLITUS PATIENTS  
AT RSUD Dr. SOEKARDJO, TASIKMALAYA CITY**

*xii initial section + 75 pages + 7 tables + 1 chart + 14 appendices*

*Self-efficacy becomes one of the determining factors for the success of self-care in diabetes mellitus patients. Low self-efficacy levels will negatively impact the efforts of diabetes patients to carry out self-care activities such as following a diet, exercising, measuring blood sugar, undergoing therapy, and participating in education or disease-related training. This research aims to reveal the relationship between self-efficacy and blood sugar levels in diabetes mellitus patients treated at RSUD Dr. Soekardjo Kota Tasikmalaya. The research method used is descriptive correlational with a cross-sectional approach. A total of 50 individuals were selected as the research sample using accidental sampling method within a two-week period. Data collection was conducted through questionnaires and analyzed using frequency distribution and the chi-square test. The research findings indicate that the majority of diabetes mellitus patients have a high level of self-efficacy (60%), and the majority also have high fasting blood sugar levels (62%) with abnormal values. Bivariate analysis shows a relationship between self-efficacy and blood sugar levels in diabetes mellitus patients at RSUD Dr. Soekardjo Kota Tasikmalaya, with a  $\rho$  (significance value) of 0.015. This is supported by the Chi-Square test with a  $p$  value of 0.015, which is smaller than 0.05. Thus, it can be concluded that there is a relationship between the level of self-efficacy and blood sugar levels in diabetes mellitus patients at RSUD Dr. Soekardjo Kota Tasikmalaya. The findings of this study can serve as a source of information for diabetes mellitus patients to enhance their ability to independently manage the disease and maintain their health.*

**Keywords:** *diabetes mellitus, self efficacy, blood sugar level*

**References :** *34 (2013-2023)*