

ABSTRAK

Diabetes melitus merupakan penyakit kronis yang berisiko menimbulkan berbagai komplikasi, salah satunya penurunan fungsi ginjal yang dapat berkembang menjadi Chronic Kidney Disease (CKD). Self-management diabetes yang baik berperan penting dalam mengendalikan kadar glukosa darah sehingga diharapkan mampu mencegah atau memperlambat terjadinya komplikasi ginjal. Penelitian ini bertujuan untuk menganalisis hubungan self-management diabetes dengan kejadian penurunan fungsi ginjal pada pasien Diabetes Melitus (DM) dengan risiko CKD di RSUD Royal Prima Medan. Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross-sectional. Populasi penelitian berjumlah 112 pasien DM dengan risiko CKD, dengan sampel sebanyak 53 responden yang dipilih menggunakan teknik purposive sampling. Data self-management diperoleh menggunakan kuesioner Diabetes Self-Management Questionnaire (DSMQ), sedangkan data penurunan fungsi ginjal diperoleh dari rekam medis berdasarkan hasil pemeriksaan ureum, kreatinin, dan estimated Glomerular Filtration Rate (eGFR). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Pearson Chi-Square dengan tingkat signifikansi $p < 0,05$. Hasil penelitian menunjukkan bahwa mayoritas responden memiliki self-management diabetes kategori cukup sebanyak 33 responden (62,3%), sedangkan kategori baik sebanyak 20 responden (37,7%). Penurunan fungsi ginjal terbanyak berada pada kategori ringan dan sedang, masing-masing sebanyak 22 responden (41,5%), sedangkan kategori berat sebanyak 9 responden (17,0%). Hasil uji Pearson Chi-Square menunjukkan nilai $\chi^2 = 7,924$ dengan $p\text{-value} = 0,019$ ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara self-management diabetes dengan kejadian penurunan fungsi ginjal pada pasien DM dengan risiko CKD di RSUD Royal Prima Medan. Disimpulkan bahwa semakin baik self-management diabetes yang dilakukan pasien, maka semakin ringan tingkat penurunan fungsi ginjal yang dialami. Oleh karena itu, peningkatan edukasi dan pendampingan mengenai self-management diabetes perlu terus dilakukan sebagai upaya mencegah progresivitas penurunan fungsi ginjal pada pasien diabetes melitus.

Kata kunci : Diabetes Melitus, Self-Management Diabetes, Penurunan Fungsi Ginjal, Chronic Kidney Disease (CKD).

ABSTRACT

Diabetes mellitus is a chronic disease that may lead to various complications, one of which is decreased kidney function that can progress to Chronic Kidney Disease (CKD). Good diabetes self-management plays an important role in controlling blood glucose levels and is expected to prevent or slow the progression of kidney complications. This study aimed to analyze the relationship between diabetes self-management and the incidence of decreased kidney function in patients with Diabetes Mellitus (DM) at risk of CKD at Royal Prima General Hospital, Medan. This study employed a quantitative research design with a cross-sectional approach. The population consisted of 112 patients with DM at risk of CKD, and 53 respondents were selected using a purposive sampling technique. Data on diabetes self-management were collected using the Diabetes Self-Management Questionnaire (DSMQ), while data on kidney function were obtained from medical records based on blood urea, serum creatinine, and estimated Glomerular Filtration Rate (eGFR) results. Data were analyzed using univariate and bivariate analyses with the Pearson Chi-Square test at a significance level of $p < 0.05$. The results showed that the majority of respondents had moderate diabetes self-management (33 respondents; 62.3%), while 20 respondents (37.7%) had good self-management. Most respondents experienced mild and moderate decreased kidney function, with 22 respondents (41.5%) in each category, while 9 respondents (17.0%) experienced severe kidney function decline. The Pearson Chi-Square test revealed a value of $\chi^2 = 7.924$ with a p-value of 0.019 ($p < 0.05$), indicating a statistically significant relationship between diabetes self-management and decreased kidney function among patients with DM at risk of CKD at Royal Prima General Hospital, Medan. In conclusion, better diabetes self-management is associated with a lower degree of kidney function decline. Therefore, continuous education and support to improve diabetes self-management should be strengthened as an effective strategy to prevent the progression of kidney function deterioration in patients with diabetes mellitus.

Keywords : Diabetes Mellitus, Diabetes Self-Management, Decreased Kidney Function, Chronic Kidney Disease (CKD).