

ABSTRACT
**RELATIONSHIP BETWEEN HEALTHCARE SUPPORT AND SELF-MANAGEMENT
WITH THE QUALITY OF LIFE OF DIABETES MELLITUS PATIENTS**

The leading cause of death among people of all ages today is NCDs, one of which is diabetes mellitus (DM). This disease is a public health problem and is one of the four priority NCDs targeted for follow-up by world leaders. The purpose of this study was to determine the relationship between health worker support and self-management with the quality of life of people with diabetes mellitus. The type of research used is a descriptive analytical survey with a cross-sectional design. The population in this study consisted of all patients with DM at the Royal Prima General Hospital in Medan, totaling 178 people. The subject selection technique used simple random sampling of 123 people. The type of data used in this study was primary data. The instrument used in this study was a questionnaire to measure healthcare provider support and self-management in relation to the quality of life of people with diabetes mellitus. Data analysis was performed using univariate and bivariate analysis with the chi-square test. The results of the study show that the majority of respondents had adequate health worker support, totaling 67 people (54.5%), and a minority had good health worker support, totaling 25 people (20.3%). Meanwhile, according to self-management, the majority had adequate self-management, totaling 65 people (59%), and a minority had good self-management, totaling 23 people (25%). The majority of respondents had a poor quality of life, totaling 66 people (53.7%), and a minority had a good quality of life, totaling 57 respondents (46.3%). Based on statistical tests, the results showed that there was a relationship between healthcare support ($p=0.025$) and self-management ($p=0.000$) with the quality of life of people with diabetes mellitus. The conclusion of this study is that there is a relationship between healthcare provider support and self-management with the quality of life of diabetes mellitus patients

Keywords: Healthcare Support; Self Management; Quality of Life; Diabetes Mellitus

ABSTRAK
**HUBUNGAN DUKUNGAN TENAGA KESEHATAN DAN SELF MANAGEMENT
DENGAN KUALITAS HIDUP PENDERITA DIABETES MELLITUS**

Penyebab kematian utama penduduk semua golongan umur pada saat ini disebabkan oleh PTM yang salah satunya adalah penyakit Diabetes Mellitus (DM). Penyakit ini merupakan masalah kesehatan masyarakat dan menjadi salah satu dari empat PTM prioritas yang menjadi target tindak lanjut oleh para pemimpin dunia. Tujuan penelitian ini untuk mengetahui Hubungan Dukungan tenaga kesehatan dan self management dengan kualitas hidup Penderita DM. Jenis penelitian yang digunakan adalah survei bersifat deskriptif analitik dengan rancangan *Cross Sectional*. Populasi dalam penelitian ini adalah seluruh pasien dengan penyakit DM di RSU Royal Prima Medan sebanyak 178 orang. Teknik pengambilan subjek menggunakan *simple random sampling* sebanyak 123 orang. Jenis data yang digunakan pada penelitian ini adalah data primer. Instrumen yang digunakan dalam penelitian ini adalah kuesioner untuk mengukur Dukungan tenaga kesehatan dan self management dengan kualitas hidup Penderita DM. Analisa data penelitian adalah analisis univariat dan bivariat dengan uji chi square. Hasil penelitian menjelaskan mayoritas responden dengan dukungan tenaga kesehatan cukup sebanyak 67 orang (54,5%) dan minoritas dukungan tenaga kesehatan baik sebanyak 25 orang (20,3%). Sedangkan menurut Self Management, mayoritas dengan Self Management cukup sebanyak 65 orang (59%) dan minoritas Self Management baik sebanyak 23 orang (25%). Mayoritas responden memiliki kualitas hidup kurang dengan jumlah 66 orang (53,7%) dan minoritas kualitas hidup baik sebanyak 57 responden (46,3%), berdasarkan uji statistik diperoleh hasil bahwa Hubungan Dukungan tenaga kesehatan ($p=0,025$) dan self management ($p=0,000$) dengan kualitas hidup Penderita DM. Kesimpulan penelitian ini diperoleh Hubungan Dukungan tenaga kesehatan dan self management dengan kualitas hidup Penderita DM.

Kata kunci: Dukungan Tenaga Kesehatan; Self Management; kualitas hidup; Diabetes Mellitus