

ABSTRAK

Diabetes Mellitus Tipe 2 merupakan penyakit kronis yang memerlukan kepatuhan self-management untuk mencegah terjadinya komplikasi. Rendahnya kepatuhan pasien dalam menjalankan pengaturan pola makan, aktivitas fisik, kepatuhan pengobatan, dan pemantauan kadar glukosa darah menjadi salah satu kendala dalam pengendalian penyakit. Penelitian ini bertujuan menganalisis efektivitas program edukasi keperawatan berbasis telenursing terhadap peningkatan kepatuhan self-management pasien Diabetes Mellitus Tipe 2 di RSUD Royal Prima Medan Tahun 2026. Penelitian ini menggunakan desain quasi-experimental dengan pretest-posttest control group design. Sampel penelitian berjumlah 50 responden yang terdiri atas 25 responden kelompok intervensi dan 25 responden kelompok kontrol. Instrumen penelitian menggunakan kuesioner *Summary of Diabetes Self-Care Activities* (SDSCA). Analisis data dilakukan secara univariat serta bivariat menggunakan uji Wilcoxon Signed Rank Test dan Mann–Whitney U Test. Hasil penelitian menunjukkan bahwa pada kelompok intervensi terjadi peningkatan kepatuhan self-management dari kategori rendah sebesar 52% sebelum intervensi menjadi kategori tinggi sebesar 92% setelah intervensi. Uji Wilcoxon menunjukkan perbedaan yang signifikan sebelum dan sesudah intervensi ($p=0,000$), sedangkan uji Mann–Whitney menunjukkan perbedaan yang signifikan antara kelompok intervensi dan kelompok kontrol setelah perlakuan ($p=0,000$), dengan nilai *mean rank* kelompok intervensi sebesar 31,58 lebih tinggi dibandingkan kelompok kontrol sebesar 19,42. Disimpulkan bahwa program edukasi keperawatan berbasis telenursing lebih efektif dibandingkan arahan standar dalam meningkatkan kepatuhan self-management pasien Diabetes Mellitus Tipe 2 di RSUD Royal Prima Medan.

Kata kunci: *Diabetes Mellitus Tipe 2, kepatuhan, self-management, telenursing.*

ABSTRACT

Type 2 Diabetes Mellitus is a chronic disease that requires effective self-management to prevent complications. Low patient adherence to dietary management, physical activity, medication adherence, and blood glucose monitoring remains a major challenge in diabetes management. This study aimed to analyze the effectiveness of a telenursing-based nursing education program in improving self-management adherence among patients with Type 2 Diabetes Mellitus at Royal Prima General Hospital Medan in 2026. This study employed a quasi-experimental design with a pretest–posttest control group design. The sample consisted of 50 respondents, including 25 participants in the intervention group and 25 participants in the control group. Data were collected using the Summary of Diabetes Self-Care Activities (SDSCA) questionnaire and analyzed using descriptive statistics, the Wilcoxon Signed Rank Test, and the Mann–Whitney U Test. The results showed that self-management adherence in the intervention group improved markedly, with the proportion of respondents in the low adherence category decreasing from 52% before the intervention to no respondents after the intervention, while 92% achieved a high adherence level. The Wilcoxon Signed Rank Test indicated a statistically significant difference before and after the intervention ($p = 0.000$). Furthermore, the Mann–Whitney U Test demonstrated a significant difference between the intervention and control groups after the intervention ($p = 0.000$), with the intervention group showing a higher mean rank (31.58) than the control group (19.42). It can be concluded that the telenursing-based nursing education program was more effective than standard education in improving self-management adherence among patients with Type 2 Diabetes Mellitus.

Keywords: *Type 2 Diabetes Mellitus, adherence, self-management, telenursing.*