

Abstrak

Diabetes Mellitus merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah, yang seiring waktu menyebabkan kerusakan serius pada jantung, pembuluh darah, mata, ginjal, dan saraf. Tujuan penelitian ini ialah untuk mengetahui hubungan pengetahuan, sikap, dan tindakan dengan perilaku pencegahan ulkus diabetikum di RS Tiara Kasih Pematang Siantar. Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional study*. Teknik pengambilan sampel menggunakan *purposive sampling* berjumlah 49 orang. Instrumen penelitian menggunakan lembar kuesioner berisikan tentang pengetahuan, sikap, tindakan, dan perilaku pencegahan ulkus diabetikum. Analisis data terdiri dari univariat dan bivariat, bivariat dianalisis dengan uji *Chi-Square*. Uji *Chi-Square* menunjukkan bahwa ada hubungan pengetahuan dengan perilaku pencegahan ulkus diabetikum (*p value* 0,000), ada hubungan sikap dengan perilaku pencegahan ulkus diabetikum (*p value* 0,029), dan ada hubungan tindakan dengan perilaku pencegahan ulkus diabetikum (0,004). Disarankan kepada manajemen rumah sakit agar lebih meningkatkan sosialisasi ataupun edukasi pasien tentang pencegahan ulkus diabetikum.

Kata kunci: Pengetahuan, Sikap, Tindakan, Perilaku Pencegahan Ulkus Diabetikum

Abstract

*Diabetes Mellitus is a chronic metabolic disease characterized by increased blood glucose levels, which over time causes serious damage to the heart, blood vessels, eyes, kidneys, and nerves. The purpose of this study was to determine the relationship between knowledge, attitudes, and actions with diabetic ulcer prevention behavior at Tiara Kasih Hospital, Pematang Siantar. This type of research is quantitative with a cross-sectional study design. The sampling technique used purposive sampling totaling 49 people. The research instrument used a questionnaire sheet containing knowledge, attitudes, actions, and diabetic ulcer prevention behavior. Data analysis consisted of univariate and bivariate, bivariate was analyzed using the Chi-Square test. The Chi-Square test showed that there was a relationship between knowledge and diabetic ulcer prevention behavior (*p value* 0.000), there was a relationship between attitudes and diabetic ulcer prevention behavior (*p value* 0.029), and there was a relationship between actions and diabetic ulcer prevention behavior (0.004). It is recommended that hospital management increase socialization or patient education about preventing diabetic ulcers.*

Keywords: Knowledge, Attitude, Action, Behavior of Diabetic Ulcer Prevention