

ABSTRAK

Latar belakang: Diabetes Melitus merupakan penyakit kronis yang memerlukan pengelolaan diri yang baik, salah satunya dengan pemeriksaan kadar gula darah secara rutin. Kesadaran diri (*Self Awareness*) diduga berpengaruh terhadap kepatuhan mereka dalam menjalani pemeriksaan tersebut. **Tujuan penelitian:** untuk mengetahui pengaruh *Self Awareness* terhadap kepatuhan pemeriksaan kadar gula darah (KGD) pada pasien Diabetes Mellitus tipe 2 di RSUD Royal Prima Medan Tahun 2025. **Metode Penelitian:** ini menggunakan metode kuantitatif dengan desain cross- sectional. **Hasil:** *Self Awareness* dari 44 responden, bahwa mayoritas responden memiliki tingkat *Self Awareness* yang kurang sebanyak 28 responden (63,6%) dan minoritas mengalami *Self Awareness* baik sebanyak 16 responden (36,4%). Kepatuhan pemeriksaan kadar gula darah yang tidak patuh sebanyak 27 responden (61,4%) dan responden patuh sebanyak 17 responden (38,6%). Hasil Chi-square didapatkan P-value sebesar 0,001 ($<0,05$) oleh karena itu, H_0 ditolak dan H_a diterima. **Kesimpulan:** tingkat *Self Awareness* pasien Diabetes Melitus Tipe 2 di RSUD Royal Prima Medan mayoritas kesadaran kurang, serta memiliki pengaruh signifikan antara *Self Awareness* dengan Kepatuhan Pemeriksaan Kadar Gula Darah pada pasien Diabetes Melitus tipe 2

Kata kunci: Diabetes Melitus tipe 2, *Self Awareness*, Kepatuhan

ABSTRACT

Background: Diabetes mellitus is a chronic disease that requires good self-management, one of which is through regular blood sugar level checks. Patient self-awareness is thought to influence their compliance with these checks. Research objective: to determine the effect of self-awareness on compliance with blood sugar level checks in type 2 diabetes mellitus patients at Royal Prima General Hospital in Medan in 2025. Research Method: This study used a quantitative method with a cross-sectional design. Results: Self-Awareness among 44 respondents showed that the majority of respondents had low Self-Awareness levels, with 28 respondents (63.6%), while a minority had good Self-Awareness levels, with 16 respondents (36.4%). Non-compliance with blood glucose level checks was found in 27 respondents (61.4%), while compliance was found in 17 respondents (38.6%). The Chi-square result yielded a P-value of 0.001 (<0.05), therefore, H_0 was rejected and H_a was accepted. Conclusion: The level of self-awareness among patients with type 2 diabetes mellitus at Royal Prima General Hospital in Medan was mostly low, and there was a significant influence between self-awareness and compliance with blood sugar level checks among patients with type 2 diabetes mellitus.

Keywords: Type 2 diabetes mellitus, self-awareness, compliance