

## ABSTRAK

*Diabetes mellitus* tipe 2 merupakan penyakit kronis yang memerlukan pengelolaan jangka panjang melalui perilaku perawatan diri (*self-care*) untuk menjaga kestabilan kadar gula darah dan meningkatkan *quality of life* pasien. Namun, dalam praktiknya, masih banyak pasien yang belum mampu menerapkan perilaku *self-care* secara optimal karena keterbatasan pengetahuan, rendahnya motivasi, serta kurangnya dukungan keluarga. Penelitian ini bertujuan untuk menganalisis hubungan antara *self-care* dengan *quality of life* pada pasien diabetes mellitus tipe 2 di Puskesmas Sei Rampah. Penelitian ini menggunakan desain *mixed methods* dengan pendekatan *sequential explanatory*. Tahap kuantitatif dilakukan terhadap 136 responden dengan menggunakan kuesioner terstruktur, sedangkan tahap kualitatif dilakukan melalui wawancara mendalam terhadap delapan informan untuk melengkapi temuan kuantitatif. Analisis data kuantitatif menggunakan uji *chi-square* dan regresi logistik berganda, sedangkan analisis data kualitatif dilakukan dengan metode Miles dan Huberman melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan. Hasil analisis bivariat menunjukkan bahwa seluruh aspek *self-care* (diet, aktivitas fisik, terapi obat, *monitoring* gula darah, ketersediaan alat pemeriksaan KGD, dan pengetahuan) memiliki hubungan yang signifikan dengan *quality of life* pasien ( $p < 0,05$ ). Analisis multivariat menunjukkan bahwa *self-care monitoring* gula darah ( $p = 0,000$ ; OR = 12,203) dan ketersediaan alat pemeriksaan KGD ( $p = 0,013$ ; OR = 4,923) merupakan faktor yang paling berpengaruh. Hasil kualitatif mendukung temuan ini, di mana pasien yang rutin memeriksa kadar gula darah dan memiliki alat pemeriksaan pribadi menunjukkan pengendalian penyakit dan *quality of life* yang lebih baik..

**Kata kunci:** *Self-Care, Quality Of Life, Diabetes Mellitus Tipe 2*

## ABSTRACT

*Diabetes mellitus type 2 is a chronic disease that requires long-term management through self-care behaviors to maintain blood glucose stability and improve patients' quality of life. However, many patients are still unable to perform optimal self-care due to limited knowledge, low motivation, and insufficient family support. This study aimed to analyze the relationship between self-care and quality of life among patients with diabetes mellitus type 2. This research employed a mixed-methods design with a sequential explanatory approach. The quantitative phase involved 136 respondents using structured questionnaires, while the qualitative phase included in-depth interviews with eight informants to complement quantitative findings. Quantitative data were analyzed using chi-square and multiple logistic regression tests, while qualitative data were analyzed using Miles and Huberman's model through data reduction, data display, and conclusion drawing. Bivariate analysis showed that all aspects of self-care (diet, physical activity, medication adherence, blood glucose monitoring, availability of testing equipment, and knowledge) were significantly correlated with patients' quality of life ( $p < 0.05$ ). Multivariate analysis revealed that self-care monitoring of blood glucose ( $p = 0.000$ ;  $OR = 12.203$ ) and the availability of testing equipment ( $p = 0.013$ ;  $OR = 4.923$ ) were the most influential factors. Qualitative findings supported these results, indicating that patients who routinely monitored their blood glucose and possessed personal testing devices achieved better disease control and higher quality of life. In conclusion, self-care is significantly associated with the quality of life of patients with diabetes mellitus type 2. Consistent self-care practices, supported by health education, family involvement, and affordable home testing facilities, can improve disease management outcomes.*

**Keywords: Self-Care, Quality Of Life, Diabetes Mellitus Type 2**