

**“PENGARUH PERAN EDUKASI PERAWAT TERHADAP KEMAMPUAN MANAJEMEN DIRI PADA PASIEN DIABETES MELITUS TIPE II”.**

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***Abstrak***

Diabetes Melitus Tipe II merupakan penyakit kronik yang memerlukan kemampuan manajemen diri yang optimal untuk mencegah komplikasi jangka panjang. Perawat memiliki peran penting sebagai edukator dalam meningkatkan kemampuan *self-management* pasien. Penelitian ini bertujuan untuk menganalisis pengaruh peran edukasi perawat terhadap kemampuan manajemen diri pasien Diabetes Melitus Tipe II di RS Amalia Medika Pangkalan Kerinci.

Penelitian ini menggunakan *desain quasi-experimental* dengan pendekatan *one group pretest-posttest*. Sampel berjumlah 66 responden yang dipilih menggunakan teknik purposive sampling. Instrumen yang digunakan adalah kuesioner Peran Edukasi Perawat dan *Diabetes Self-Management Questionnaire* (DSMQ). Analisis data menggunakan *paired sample t-test* dan regresi linear sederhana dengan tingkat signifikansi 0,05.

Hasil penelitian menunjukkan adanya peningkatan yang signifikan pada skor peran edukasi perawat ( $p < 0,05$ ) dan kemampuan manajemen diri pasien ( $p < 0,05$ ) setelah intervensi edukasi. Hasil regresi menunjukkan hubungan positif antara perubahan peran edukasi perawat dan perubahan kemampuan manajemen diri dengan nilai  $R^2$  sebesar 0,050, yang berarti 5% variasi peningkatan kemampuan manajemen diri dapat dijelaskan oleh peran edukasi perawat.

Kesimpulan penelitian ini menunjukkan bahwa edukasi keperawatan berperan dalam meningkatkan kemampuan manajemen diri pasien Diabetes Melitus Tipe II, meskipun kontribusinya relatif kecil dan dipengaruhi oleh faktor lain yang bersifat multidimensional.

**Kata kunci:** *edukasi perawat, manajemen diri, Diabetes Melitus Tipe II, self-management.*

**“THE EFFECT OF NURSE EDUCATIONAL ROLE ON SELF-MANAGEMENT ABILITY AMONG PATIENTS WITH TYPE II DIABETES MELLITUS”.**

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***Abstract***

Type II Diabetes Mellitus is a chronic disease that requires optimal self-management ability to prevent long-term complications. Nurses play an important role as educators in enhancing patients' *self-management* capacity. This study aimed to analyze the effect of the nurse's educational role on self-management ability among patients with Type II Diabetes Mellitus at RS Amalia Medika Pangkalan Kerinci.

This study employed a *quasi-experimental design* with a *one group pretest–posttest* approach. A total of 66 respondents were selected using purposive sampling. The instruments used were the Nurse Educational Role questionnaire and the *Diabetes Self-Management Questionnaire* (DSMQ). Data were analyzed using paired sample t-test and simple linear regression with a significance level of 0.05.

The results showed a significant increase in both the nurse educational role score ( $p < 0.05$ ) and patients' self-management ability ( $p < 0.05$ ) after the educational intervention. Regression analysis indicated a positive relationship between changes in the nurse's educational role and changes in self-management ability, with an  $R^2$  value of 0.050, indicating that 5% of the variation in self-management improvement could be explained by the nurse's educational role.

In conclusion, nursing education contributes to improving self-management ability among patients with Type II Diabetes Mellitus, although its contribution is relatively small and influenced by other multidimensional factors.

**Keywords:** *nurse education, self-management, Type II Diabetes Mellitus, self-care.*