

ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) tipe 2 merupakan salah satu masalah kesehatan global yang jumlah penderitanya terus meningkat. Rendahnya kemampuan self-management seringkali mengakibatkan kontrol glikemik yang buruk, mempercepat timbulnya komplikasi kronis, meningkatkan beban biaya kesehatan, dan menurunkan kualitas hidup. Di RSUD Royal Prima, capaian kontrol glikemik masih rendah dan skor self-management pasien berada pada kategori rendah, sehingga diperlukan intervensi promosi kesehatan yang terstruktur, berkesinambungan, dan berbasis model teoretis seperti Model Promosi Kesehatan Nola J. Pender. **Tujuan:** Untuk menganalisa Pengaruh Peningkatan Self-Management Pasien DM Tipe 2 melalui Program Promosi Kesehatan Terpadu di RSUD Royal Prima. **Metode:** Penelitian ini menggunakan pendekatan intervensi berbasis Health Promoting Model (HPM) untuk menstimulasi perubahan perilaku pasien, dengan menganalisis faktor individu meliputi usia, jenis kelamin, pendidikan, pengalaman penyakit, komorbiditas, dan berat badan, serta faktor psikologis meliputi persepsi manfaat (*perceived benefits*), persepsi hambatan (*perceived barriers*), efikasi diri (*self-efficacy*), dan dukungan keluarga terhadap self-management pasien sebelum dan sesudah diberikan intervensi. **Hasil:** Program promosi kesehatan terpadu diharapkan menghasilkan peningkatan pengetahuan, keterampilan, dan self-efficacy pasien DM tipe 2 dalam melakukan self-management, yang tercermin dari perubahan perilaku sehat, kepatuhan terhadap pengobatan, dan dukungan sosial yang lebih baik, serta berdampak pada kontrol glikemik yang lebih baik dan penurunan risiko komplikasi jangka panjang. **Kesimpulan:** Program promosi kesehatan terpadu berbasis Model Promosi Kesehatan Nola J. Pender diharapkan mampu meningkatkan kemampuan self-management pasien DM tipe 2 secara optimal melalui peningkatan pengetahuan, keterampilan, motivasi, dan dukungan sosial, sehingga dapat meningkatkan kualitas hidup pasien dan mencegah komplikasi.

Kata Kunci: Diabetes Mellitus Tipe 2, *Self-Management*, Promosi Kesehatan Terpadu, *Health Promoting Model*, Efikasi Diri, Kontrol Glikemik.

ABSTRACT

Background: Type 2 Diabetes Mellitus (DM) is a global health problem whose prevalence continues to increase. Poor self-management skills often lead to poor glycemic control, accelerate the onset of chronic complications, increase healthcare costs, and decrease the quality of life. At Royal Prima General Hospital, the achievement of glycemic control remains low, and patients' self-management scores are in the low category. Therefore, a structured, continuous health promotion intervention based on a theoretical model, such as Nola J. Pender's Health Promotion Model, is required. **Objective:** To analyze the effect of improving the self-management of Type 2 DM patients through an Integrated Health Promotion Program at Royal Prima General Hospital. **Methods:** This study uses an intervention approach based on the Health Promotion Model (HPM) to stimulate patient behavior change. It analyzes individual factors—including age, gender, education, illness experience, comorbidities, and body weight—as well as psychological factors, including perceived benefits, perceived barriers, self-efficacy, and family support, on patients' self-management before and after the intervention. **Results:** The integrated health promotion program is expected to yield an increase in the knowledge, skills, and self-efficacy of Type 2 DM patients in performing self-management. This is reflected in healthy behavior changes, medication adherence, and better social support, which will subsequently result in better glycemic control and a decreased risk of long-term complications. **Conclusion:** The integrated health promotion program based on Nola J. Pender's Health Promotion Model is expected to optimally improve the self-management abilities of Type 2 DM patients through increased knowledge, skills, motivation, and social support, thereby improving patients' quality of life and preventing complications.

Keywords: Type 2 Diabetes Mellitus, self-management, integrated health promotion, Health Promotion Model, self-efficacy, glycemic control