

Politeknik Kesehatan Kemenkes  
Bandung Jurusan Keperawatan Bandung  
Program Studi Keperawatan Bandung Bandung,  
Mei, 2020 Rika Nurhayati P17320227079

## **GAMBARAN PENGETAHUAN *SELF MANAGEMENT* DIABETES MELLITUS TIPE 2 (*LITERATURE REVIEW*)**

### **ABSTRAK**

X, 59 hal, 5 Bab, 2 bagan, 6 tabel

Diabetes Mellitus merupakan serangkaian gangguan metabolik akibat pankreas tidak memproduksi cukup insulin, sehingga menyebabkan kekurangan insulin baik absolut maupun relatif, akibatnya terjadi peningkatan konsentrasi glukosa dalam darah, *self-management* merupakan aktivitas yang kompleks termasuk kemampuan dalam mengontrol suatu kondisi dan afek kognitif, perilaku dan respon emosional dalam mempertahankan kebutuhan kualitas hidup, terdapat 5 pilar *self-management* di antaranya edukasi, terapi nutrisi medis, terapi farmakologis, latihan jasmani dan monitoring gula darah. **Tujuan** dari penelitian ini untuk mengetahui gambaran pengetahuan *self-management* diabetes mellitus tipe 2. **Metode** yang digunakan dalam penelitian ini adalah *systematic literature review*, dengan teknik pengambilan data sekunder yang didapatkan sebanyak 4 jurnal. **Sampel** penelitian sebanyak 30 sampai 80 responden. **Hasil:** dipatkan gambaran pengetahuan *self management* DM yang kurang optimal, jurnal 1 (69,1%), jurnal 2 (58,4%), jurnal 3 (61,7%), jurnal 4 (50,0%). **Kesimpulan:** gambaran pengetahuan *self management* dari domain edukasi, pengaturan pola makan, farmakologis, latihan jasmani dan monitoring gula darah kurang optimal. **Saran:** bagi perawat untuk dilakukan penyuluhan yang lebih kepada penyandang DM serta keluarganya agar pengetahuan menjadi semakin luas.

Kata Kunci: *self-management*, diabetes mellitus, pengetahuan

## **THE DESCRIPTION OF SELF MANAGEMENT DIABETES MELLITUS TYPE 2 (LITERATURE REVIEW)**

### **ABSTRACT**

*X, 59 page, 5 Bab, 2 chart, 6 table*

*Diabetes Mellitus is a series of metabolic disorders due to the pancreas not producing enough insulin, causing insulin deficiency both absolute and relative, resulting in an increase in blood glucose concentration, Self-management is a complex activity including the ability to control a condition and cognitive effect, behavior and response emotionally in maintaining the needs of quality of life, there are 5 pillars of self-management among them education, medical nutrition therapy, pharmacological therapy, physical exercise and blood sugar monitoring. **The purpose** of this study was to determine the description of self-management of diabetes mellitus type 2. **The method** used in this study is a systematic literature review, with secondary data collection techniques obtained by 4 journals. **The research sample** of 30 to 80 respondents. **The results** of this study obtained and overview of diabetes self-management knowledge that is less than optimal, journal 1 (69.1%), journal 2 (58.4%), journal 3 (61.7%), journal 4 (50.0%). **Conclusion:** self management knowledge from education domain, dietary settings, pharmacology, physical exercise, blood sugar monitoring is not optimal. **Suggestion:** for nurses to do more education to people with DM and their families so that knowledge becomes more widespread.*

*Keywords: self-management, diabetes mellitus, know*

