

ABSTRAK

Riri Zanjabela (2026). Hubungan Dukungan Keluarga dengan Tingkat Stress pada Pasien Diabetes Mellitus Tipe 2 di RSUD Arifin Achmad Pekanbaru. Pembimbing (I) Dr. Ibnu Rusdi, S.Kp., M.Kes. (II) Hernitati, S.Pd., S.Kep., M.K.M. Penguji (I) Ns.Idayanti, S.Pd., S.Kep., M.Kep (II) R. Sakhnan, SKM, M.Kes.

Latar Belakang: Diabetes Mellitus (DM) Tipe 2 merupakan penyakit metabolik kronis yang memerlukan pengelolaan sepanjang hayat dan rentan memicu stres harian pada penderitanya. Dukungan keluarga menjadi elemen krusial untuk mereduksi beban psikologis tersebut. **Tujuan:** Menganalisis hubungan dukungan keluarga dengan tingkat stres pada pasien DM Tipe 2 di Poliklinik Penyakit Dalam RSUD Arifin Achmad Pekanbaru. **Metode:** Penelitian kuantitatif deskriptif korelasional dengan pendekatan *cross-sectional* pada 54 responden rawat jalan (*purposive sampling*). Instrumen menggunakan kuesioner demografi, dukungan keluarga (12 item), dan skala stres DASS-42 (14 item). Analisis data melalui uji *Spearman's Rho*. **Hasil:** Mayoritas responden adalah lansia awal 46-55 tahun (42,6%), perempuan (55,6%), lulusan SMA (38,9%), wiraswasta (61,1%), menderita DM 3-5 tahun (50,0%), menerima dukungan keluarga sedang (59,3%), dan mengalami stres sedang (42,6%). Uji *Spearman's Rho* menunjukkan $p\text{-value} = 0,000$ dengan koefisien korelasi (r_s) = -0,696. **Kesimpulan:** Terdapat hubungan signifikan yang kuat dengan arah negatif antara dukungan keluarga dan tingkat stres pada pasien DM Tipe 2. Semakin baik dukungan keluarga, maka tingkat stres semakin menurun. Rumah sakit disarankan mengoptimalkan edukasi melibatkan keluarga pasien. **Saran:** Diharapkan responden dan keluarga dapat lebih proaktif dalam menjalin komunikasi serta meningkatkan dukungan emosional, sehingga pasien mampu mengelola tingkat stres secara lebih mandiri dalam menjalani perawatan diabetes mellitus tipe 2.

Kata Kunci : Dukungan Keluarga, Tingkat Stres, Diabetes Mellitus Tipe 2

ABSTRACT

Riri Zanjabela (2026). *The Correlation Between Family Support and Stress Levels in Patients with Type 2 Diabetes Mellitus at RSUD Arifin Achmad Pekanbaru.* Supervisors: (I) Dr. Ibnu Rusdi, S.Kp., M.Kes. (II) Hernitati, S.Pd., S.Kep., M.K.M. Examiners: (I) Ns. Idayanti, S.Pd., S.Kep., M.Kep. (II) R. Sakhnan, SKM, M.Kes.

Background: Type 2 Diabetes Mellitus (DM) is a chronic metabolic disease that requires lifelong management and is prone to triggering daily stress in patients. Family support is a crucial element in reducing this psychological burden. **Objective:** To analyze the correlation between family support and stress levels in patients with Type 2 DM at the Internal Medicine Outpatient Clinic of RSUD Arifin Achmad Pekanbaru. **Method:** This was a quantitative descriptive-correlational study with a cross-sectional approach involving 54 outpatient respondents selected via purposive sampling. The instruments utilized included a demographic questionnaire, a family support questionnaire (12 items), and the DASS-42 stress scale (14 items). Data analysis was performed using the Spearman's Rho correlation test. **Results:** The majority of respondents were in the early elderly group of 46-55 years old (42.6%), female (55.6%), high school graduates (38.9%), self-employed (61.1%), had suffered from DM for 3-5 years (50.0%), received moderate family support (59.3%), and experienced moderate stress levels (42.6%). The Spearman's Rho test showed a p -value = 0.000 with a correlation coefficient (r_s) of -0.696. **Conclusion:** There is a strong and significant negative correlation between family support and stress levels in patients with Type 2 DM. Better family support is associated with decreased stress levels. It is recommended that hospitals optimize educational programs by actively involving the patients' families. **Suggestion:** It is expected that respondents and their families will be more proactive in fostering communication and increasing emotional support, so that patients can manage their stress levels more independently while undergoing treatment for type 2 diabetes mellitus.

Keywords : Family Support, Stress Levels, Type 2 Diabetes Mellitus,