

ABSTRAK

Suci Jelita Napitupulu (2026). *Hubungan Self-Management dengan Kadar Glukosa Darah Sewaktu pada Pasien Diabetes Melitus Tipe 2 di Puskesmas Simpang Tiga Pekanbaru*. Karya Tulis Akhir Program Studi Sarjana Terapan Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Wiwiek Delvira, M.Kep. dan Pembimbing (2) Ns. Ardenny, M.Kep.

Diabetes Melitus Tipe 2 merupakan penyakit metabolik kronis yang memerlukan *self-management* untuk membantu mengontrol kadar glukosa darah. **Tujuan** penelitian ini adalah untuk mengetahui hubungan *self-management* dengan kadar glukosa darah sewaktu pada pasien Diabetes Melitus Tipe 2 di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru Tahun 2026. **Metode** Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross sectional*. Sampel berjumlah 77 responden yang dipilih menggunakan teknik purposive sampling. Pengumpulan data menggunakan *Diabetes Self-Management Questionnaire* (DSMQ) dan lembar observasi kadar glukosa darah sewaktu. Analisis data menggunakan uji *Chi-Square*. **Hasil** penelitian menunjukkan sebagian besar responden memiliki *self-management* kategori cukup (48,1%) dan kadar glukosa darah sewaktu kategori terkontrol sebanyak 47 responden (61.0%). Hasil uji statistik diperoleh $p\text{-value} = 0,000$ ($p < 0,05$), yang menunjukkan adanya hubungan signifikan antara *self-management* dengan kadar glukosa darah sewaktu. Semakin baik *self-management* yang dilakukan pasien, semakin baik pula kontrol kadar glukosa darah yang dimiliki.

Kata Kunci: Diabetes Melitus Tipe 2, *Self-Management*, Kadar Glukosa Darah

ABSTRACT

Suci Jelita Napitupulu (2026). *The Relationship between Self-Management and Random Blood Sugar Levels in Type 2 Diabetes Mellitus Patients at Simpang Tiga Community Health Center, Pekanbaru. Final Paper of Applied Nursing Undergraduate Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (I) Ns. Wiwiek Delvira, M.Kep. and Supervisor (2) Ns. Ardenny, M.Kep.*

Type 2 Diabetes Mellitus is a chronic metabolic disease that requires *self-management* to help control blood glucose levels. The **purpose** of this study was to determine the relationship between *self-management* and random blood sugar levels in Type 2 Diabetes Mellitus patients in the Simpang Tiga Pekanbaru Community Health Center Working Area in 2026. The research **method** used a quantitative correlational design with a cross-sectional approach. The sample consisted of 77 respondents selected using a purposive sampling technique. Data collection used the *Diabetes Self-Management Questionnaire (DSMQ)* and a random blood sugar level observation sheet. Data analysis used the *Chi-Square* test. The **results** showed that most respondents had sufficient *self-management* category (48.1%) and random blood sugar levels were in the controlled category for 47 respondents (61.0%). The statistical test results obtained a p-value = 0.000 ($p < 0.05$), which indicates a significant relationship between *self-management* and random blood sugar levels. The better the *self-management* carried out by patients, the better the control of their blood sugar levels.

Keywords: *Type 2 Diabetes Melitus, Self-Management, Blood Glucose Levels*