

Description Of Self-Efficacy In Diabetes Millitus Patients At Bagor Health Center

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ABSTRACT

In theory, self-efficacy provides scientific reasons as a strategy that has the potential to increase an individual's self-confidence in their ability to make behavior changes. Self-efficacy in individuals with diabetes mellitus is related to certain situations, circumstances, environments and tasks. The aim of this study was to determine the description of self-efficacy in diabetes mellitus patients at PUSKESMAS Bagor. The research design used in this research is descriptive, namely research that aims to describe or explain important events that occur today. The research was conducted on January 24 2024 on diabetes mellitus patients. The population of diabetes mellitus patients was 110 patients who took part in the prolanis program at PUSKESMAS Bagor. Using an incidental sampling technique, the sample size was 97 respondents. Self-efficacy variables. data collection using a questionnaire. The research results showed that of the 97 respondents, 58 respondents (60%) had good criteria, 32 respondents (33%) had sufficient criteria and 7 respondents (7%) had poor criteria. Self-efficacy is important for diabetes mellitus sufferers to always maintain health, especially in controlling blood sugar levels within normal limits.

Keywords: Diabetes Mellitus, Self-Efficacy

INTRODUCTION

Self-efficacy is a person's belief or perception of their ability to organize and carry out an action they want to achieve. Self-efficacy will help a person make choices, increase effort as well as perseverance and perseverance in maintaining tasks that include life (Kharisanthi, 2015). In theory, self-efficacy provides scientific reasons as a strategy that has the potential to increase an individual's self-confidence in their ability to make behavior changes (Astuti, 2019). Self-efficacy beliefs are formed through cognitive processes, for example through human behavior and goals. Goal setting is influenced by an assessment of one's own abilities. Self-efficacy influences thinking processes (commitment, visualization of performance scenarios and quality in analytical thinking) which can improve or influence performance. The stronger a person's self-efficacy, the higher a person's commitment to achieving the goals he or she determines. Some actions are initially organized in the form of thoughts. This definition explains that self-efficacy in individuals with diabetes mellitus is related to certain situations, circumstances, environments and tasks (Sharoni & Wu, 2017). Good self-confidence can provide a good quality of life for diabetes sufferers (Ramadhani & Hadi, 2016). However, in certain conditions and situations, the self-efficacy of diabetes mellitus patients can be very bad, if there is no family support (Fahamsya, Anggraini, & Faizin, 2022).

The International Diabetes Organization estimates that at least 463 million people aged 20-79 years in the world suffer from diabetes in 2019, or the equivalent of a prevalence rate of 9.3% of the total population of the same age. The prevalence of diabetes mellitus according to

blood sugar examination results increased from 6.9% in 2013 to 8.5% in 2018. This figure shows that only around 25% of diabetes sufferers know that they have diabetes. East Java is in fifth place in Indonesia with the highest prevalence of diabetes mellitus, reaching 2.6% in 2018, an increase from 2013 of 2.1%. Meanwhile in East Java, the prevalence of diabetes mellitus is around 1.25% of the total population. Data from Riskesdas East Java, the prevalence of DM sufferers in Nganjuk is 1.7% of the total population of 1.046 million people in the district. Nganjuk (M. Taukhid, E. N. Aini, 2018). According to Kharismasanthi, (2015) in his study, several factors influence self-efficacy, ranging from demographic status, family support, emotional support to the length of time he has suffered from diabetes mellitus.

METHODS

The research design used in this research is descriptive, namely research that aims to describe (explain) important events that occur today (Nursalam, 2020). The population in this study was all 110 prolans participants at PUSKESMAS Bagor. The sampling technique used was an incidental sampling technique and a sample size of 97 respondents was obtained.

RESULTS

Table 1. Characteristics of respondents based on gender of diabetes mellitus patients at PUSKESMAS Bagor

No	Category	Frequency	Percentage
1	Male	35	36
2	Female	62	64
Amount		97	100%

Based on table 1, it shows that of the 97 respondents, the majority of respondents were female, 62 respondents (64%)

Table 2. Characteristics of respondents based on age of diabetes mellitus patients at PUSKESMAS Bagor

No	Category	Frequency	Percentage
1	36 - 40 year	5	5
2	41 - 45 year	11	11
3	46 - 50 year	25	26
4	51 - 55 year	32	33
5	> 55 year	24	25
Amount		97	100%

Based on table 2, it shows that of the 97 respondents, almost half of the respondents were aged 51 - 55 years, with 32 respondents (33%).

Table 3. Characteristics of respondents based on education of diabetes mellitus patients at PUSKESMAS Bagor

No	Category	Frequency	Percentage
1	Elementary school	5	5
2	Junior high school	27	28
3	Senior high school	42	43
4	Undergraduate	23	24
Amount		97	100%

Based on table 3, it shows that of the 97 respondents, almost half of the respondents had a high school education, 42 respondents (43%).

Table 4. Distribution of self-efficacy in diabetes mellitus patients at PUSKESMAS Bagor

No	Category	Frequency	Percentage
1	Good	58	60
2	Enough	32	33
3	Not enough	7	7
Amount		97	100%

Based on table 5, it shows that of the 97 respondents, the majority of self-efficacy was in the good category, 58 respondents (60%).

DISCUSSION

The research results showed that of the 97 respondents, 58 respondents (60%) had good criteria, 32 respondents (33%) had sufficient criteria and 7 respondents (7%) had poor criteria. According to Ariani et al., (2020) having family support really helps diabetes mellitus patients to increase their confidence in their ability to take self-care measures. Family support in the form of warmth and friendliness, emotional support related to glucose monitoring, diet and exercise can increase patient self-efficacy thereby supporting success in self-care (Kusuma & Hidayati, 2018). Self-efficacy in diabetes mellitus patients describes an individual's ability to make the right decision. Includes accuracy in planning, monitoring, and implementing care regimens throughout an individual's life (Nisa et al., 2018 & Cahyono, 2020).

Several important things that can be done to support family members who suffer from diabetes mellitus are by increasing their awareness to recognize that diabetes mellitus cannot be cured, so that patients have a high level of awareness to manage their disease (Indrayana, 2016).

According to researchers, diabetes mellitus patients who take part in prolanis activities at PUSKESMAS Bagor have a good level of self-efficacy because once a month they receive health education by health workers from PUSKESMAS Bagor who explain how to control blood sugar in the blood so that it is always at a normal value and the body condition is always healthy. Apart from that, this collection of prolanis also has a motivating effect on fellow diabetes mellitus sufferers and they strengthen each other. Diabetes mellitus sufferers need to have good self-efficacy so that they always maintain their health by maintaining a healthy lifestyle, nutritional patterns, checking blood sugar regularly and exercising. The expected end result is health and blood sugar is always controlled within normal limits.

CONCLUSION

Diabetes mellitus patients at PUSKESMAS Bagor had good self-efficacy. A total of 58 respondents (60%).

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