

ABSTRACT

The Relationship of Self Management and Length of Suffering to Quality of Life in Patients with Diabetes Mellitus in the Internal Medicine Polyclinic of Jombang Hospital. Nurul Aprisa Sakura (2023). Bachelor of Applied Nursing Study Program Malang, Department of Nursing, Health Polytechnic, Ministry of Health Malang. Supervisors Supono S.Kep., Ns., M.Kep., Sp.KMB, and Sulastyawati, S. Kep., Ns., M. Kep.

Diabetes mellitus is a chronic disease that requires long-term care so that patients who have been diagnosed with type 2 diabetes mellitus perform self management to prevent complications so that it will not have an impact on quality of life. The purpose of this study was to determine the relationship between self management and length of suffering to quality of life in patients with type 2 diabetes mellitus at the Internal Medicine Polyclinic of Jombang Regency Hospital. This study is a type of quantitative research using a cross sectional approach. The sampling technique used was an accidental sampling technique with a total sampling of 72 respondents. The independent variables of the study were self management and length of suffering. The dependent variable is quality of life. The results of the spearman rank test showed a relationship between self management on quality of life (p value = 0.000) and the results of the spearman rank test for length of suffering on quality of life (p value = 0.004). Based on this analysis, it can be concluded that there is a relationship between self management and length of suffering on the quality of life of patients with Diabetes mellitus in the Internal Medicine Polyclinic of Jombang Regency Hospital. It is expected to be able to improve health education by providing leaflets and adding information boards about the importance of self management in improving the quality of life of patients with type 2 diabetes mellitus along with complications or dangers that can be caused so that patients and families get more information about type 2 diabetes mellitus.

Keywords: Diabetes mellitus, Self Management, Length of Suffering, Quality of Life