

THE RELATIONSHIP BETWEEN FAMILY BURDEN AND SELF-EFFICACY WITH ELDERLY COMPLIANCE IN TYPE 2 DIABETES MELLITUS THERAPY AT PANDANWANGI PUBLIC HEALTH CENTER

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ABSTRACT

Background: Type 2 diabetes mellitus is a chronic disease that requires long-term adherence to pharmacological and non-pharmacological therapies. However, poor adherence to diabetes therapy remains a major problem in older adults, leading to uncontrolled blood sugar levels, complications, and even death. Compliance is influenced by various factors, including family burden and self-efficacy. Family members, as primary supporters, play a crucial role in caring for older adults, but excessive physical, emotional, and financial burdens can diminish the quality of support. Furthermore, older adults' self-efficacy determines their confidence and ability to manage their disease independently. **Methods:** This study used a descriptive correlation design with a cross-sectional approach. The study population was 235 patients and their caregivers, with a sample of 148 respondents selected using purposive sampling technique. The research instruments used questionnaires Caregiver Burden Scale, Diabetes Management Self-Efficacy Scale, and Modified Morisky Medication Scale 8. Data analysis was performed using Spearman Rank correlation test and Multiple Linear Regression. **Results:** The results of the study showed a relationship between family burden and elderly compliance (p-value = 0.018; $r = -0.194$) and a relationship between self-efficacy and elderly compliance (p-value = 0.0001; $r = 0.269$). **Conclusion:** This study shows that family burden and self-efficacy are significantly related to elderly compliance. However, based on the correlation coefficient value, self-efficacy is a more dominant factor than family burden in influencing elderly compliance. Therefore, it is necessary to provide education to families and elderly by health workers to improve understanding, skills, and self-confidence in diabetes management in order to improve compliance with therapy.

Keywords: Family Burden, Self-Efficacy, Adherence, Diabetes Mellitus