

**PENERAPAN TERAPI AFIRMASI POSITIF PADA PASIEN DIABETES
MELITUS DENGAN HARGA DIRI RENDAH SITUASIONAL DI RUANG
JIMBARAN RSUD DR. SAIFUL ANWAR MALANG**

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ABSTRACT

Background: Situational low self-esteem is one of the psychosocial problems that often occur in patients with chronic diseases such as Diabetes Mellitus. Physical changes, diabetic wound complications, activity limitations, and role changes can cause patients to feel embarrassed, helpless, and experience decreased self-confidence. One of the nursing interventions that can be given is positive affirmation therapy to help change negative thoughts into more positive ones, increase self-acceptance, and build adaptive coping. **Objective:** To analyze the level of self-esteem in diabetes mellitus patients with situational low self-esteem after positive affirmation therapy. **Method:** This study used a case study method with a nursing care approach. The subject in this study was a Diabetes Mellitus patient with situational low self-esteem problems. Positive affirmation therapy intervention was carried out for 4 days through therapeutic communication, orientation, education, demonstration, independent practice, and evaluation. **Results:** The patient was able to perform affirmation therapy both guided and independently, with an affirmation therapy ability score of 8 out of 8, categorized as good. Prior to the affirmation therapy, the patient's self-esteem score was 14 out of 35 (40%), categorized as low. After the affirmation therapy, the self-esteem score increased to 35 out of 35 (100%), categorized as high. **Conclusion:** Positive affirmation therapy can help improve self-esteem in Diabetes Mellitus patients with situational low self-esteem. This intervention can be an alternative nursing therapy in addressing psychosocial problems in patients with chronic diseases who experience situational low self-esteem.

Keywords: Situational Low Self-Esteem, Diabetes Mellitus, Positive Affirmation Therapy