

THE RELATIONSHIP BETWEEN DURATION OF SUFFERING FROM TYPE 2 DIABETES MELLITUS AND STRESS LEVELS AMONG THE ELDERLY AT PULE PUBLIC HEALTH CENTER, TRENGGALEK REGENCY

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ABSTRAK

Type 2 Diabetes Mellitus is a chronic disease whose prevalence increases among the elderly and may lead to both physical and psychological impacts, one of which is stress. The duration of illness is considered one of the factors that may influence stress levels in patients. This study aimed to determine the relationship between the duration of suffering from Type 2 Diabetes Mellitus and stress levels among the elderly at Pule Public Health Center, Trenggalek Regency. This study employed a quantitative design with a cross-sectional approach. The total sample consisted of 58 respondents selected using total sampling technique. Data were collected using a questionnaire to measure stress levels and data on the duration of Diabetes Mellitus. Data analysis was performed using the Spearman correlation test. The results showed that the average duration of Diabetes Mellitus was 8.9 years. Most respondents experienced mild to moderate stress levels (53.4%). The Spearman correlation test indicated a significant relationship between the duration of Diabetes Mellitus and stress levels in the elderly, with $r = 0.622$ and $p < 0.001$. In conclusion, there is a strong and positive relationship between the duration of Type 2 Diabetes Mellitus and stress levels among the elderly. The longer a person suffers from Diabetes Mellitus, the higher the stress level tends to be. Therefore, attention to psychological aspects is needed in addition to physical management in treating patients with Diabetes Mellitus.

Kata Kunci : *Type 2 Diabetes Mellitus, duration of illness, stress level, elderly*