

ANALYSIS OF FACTORS RELATED TO THE PSYCHOLOGICAL WELL-BEING OF TYPE 2 DIABETES MELLITUS PATIENTS IN THE PROLANIS KEDUNGKANDANG MALANG COMMUNITY HEALTH CENTER WORK AREA

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ABSTRACT

Background : Management of diabetes mellitus does not only focus on the physical aspects, but also on the psychological well-being of sufferers. Factors that influence psychological well-being are important to study because they play a role in the process of adaptation, compliance, and quality of life of sufferers of diabetes mellitus. **Research Objective :** To determine the factors related to the psychological well-being of sufferers of type 2 diabetes mellitus in Prolanis, Kedungkandang Community Health Center, Malang. **Research Method :** This study used an observational analytic cross-sectional design with a sample of 92 sufferers of type 2 diabetes mellitus with a total sampling technique. The research variables include factors related to psychological well-being. The research instrument used the Ryff Psychological Well-Being questionnaire, a social support questionnaire, a personality questionnaire, and a religiosity questionnaire; and data analysis was carried out using the chi-square test. **Research Results :** The results showed that there was no significant relationship between gender, age, and income with psychological well-being. However, there is a significant relationship between personality, social support, and religiosity with psychological well-being obtained p value < 0.05 , where social support is the most dominant factor (OR = 6.093), followed by religiosity (OR = 4.410). **Conclusion :** The role of social support is important because it can provide a sense of acceptance, emotional support, and help people with type 2 diabetes mellitus in facing the demands of chronic disease, thus contributing to psychological well-being.

Keywords : psychological well being, type 2 diabetes mellitus, prolanis kedungkandang health center