

ABSTRAK

Dewi Utari Septiani Wahyuprassiwi (2026). *Gambaran Pengetahuan Perawatan Kaki Pada Pasien Diabetes Mellitus Di Wilayah Kerja Puskesmas Jenangan Kabupaten Ponorogo*. Karya Tulis Ilmiah, Program Studi D3 Keperawatan (Kampus Kab. Ponorogo), Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing Endang Purwaningsih., S.Kep..Ns., M.Kep.

Diabetes melitus merupakan penyakit kronis yang dapat menyebabkan komplikasi seperti ulkus diabetikum. Salah satu faktor yang mempengaruhi ulkus diabetikum yaitu tentang perawatan kaki. Pengetahuan perawatan kaki merupakan dasar bagi responden agar dapat melakukan perawatan kaki dengan baik dan benar. Penelitian ini bertujuan mengidentifikasi pengetahuan perawatan kaki pada pasien diabetes melitus di wilayah kerja Puskesmas Jenangan Ponorogo. Desain penelitian deskriptif kuantitatif dengan sampel 30 responden menggunakan teknik *purposive sampling*. Pengumpulan data melalui kuesioner dan dianalisis secara univariat menggunakan distribusi frekuensi. Hasil penelitian menunjukkan sebagian besar responden memiliki pengetahuan kurang (86,67%), cukup (3,33%), dan baik (10,0%). Pengetahuan yang kurang disebabkan responden belum pernah mendapatkan informasi tentang perawatan kaki. Selain itu, sebagian besar responden memiliki tingkat pendidikan dasar, yang dapat memengaruhi kemampuan dalam menerima, memahami, dan menerapkan informasi kesehatan. Berdasarkan hasil penelitian ini disarankan kepada pihak puskesmas untuk aktif memberikan edukasi kepada penderita diabetes melitus agar menjadi dasar dalam meningkatkan program edukasi kesehatan tentang perawatan kaki di fasilitas pelayanan kesehatan sehingga risiko ulkus diabetikum dapat dicegah.

Kata Kunci: Diabetes melitus, Perawatan kaki, Pengetahuan

ABSTRACT

Dewi Utari Septiani Wahyuprassiwi (2026). Description of Foot Care Knowledge Among Patients with Diabetes Mellitus in the Jenangan Community Health Center Service Area, Ponorogo Regency. Case Study Scientific Paper, D3 Nursing Study Program (Ponorogo Regency Campus), Departement Of Nursing, Health Polytechnic Of The Ministry Of Health Malang. Supervisor Endang Purwaningsih., S.Kep..Ns., M.Kep.

Diabetes mellitus is a chronic disease that can lead to complications such as diabetic foot ulcers. One of the factors influencing the occurrence of diabetic foot ulcers is foot care. Knowledge of foot care is essential for patients to perform proper and appropriate foot care practices. This study aimed to identify the level of foot care knowledge among patients with diabetes mellitus in the working area of Jenangan Public Health Center, Ponorogo. This study employed a descriptive quantitative design with a sample of 30 respondents selected using purposive sampling. Data were collected using a questionnaire and analyzed univariately using a frequency distribution. The results showed that the majority of respondents had poor knowledge (86.67%), while 3.33% had fair knowledge and 10.0% had good knowledge. Poor knowledge was attributed to the fact that most respondents had never received information regarding diabetic foot care. In addition, the majority of respondents had only completed primary education, which may affect their ability to receive, understand, and apply health information. Based on these findings, it is recommended that the public health center actively provide education to patients with diabetes mellitus as a basis for strengthening health education programs on diabetic foot care in healthcare facilities, thereby reducing the risk of diabetic foot ulcers.

Keywords: *Diabetes Mellitus, Foot Care, Knowledge*