

ABSTRAK

Vita Nurmana (2026). *Gambaran Tingkat Kecemasan Pada Penderita Diabetes Mellitus Sebelum Dan Sesudah Edukasi Manajemen Stres Di Wilayah Kerja Puskesmas Jetis Kabupaten Ponorogo Di Wilayah Kerja Puskesmas Jetis Kab. Ponorogo*. Karya Tulis Ilmiah, Program Studi D III Keperawatan Kampus Kab. Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Heru Wiratmoko., S.Kp., M.Kep.

Diabetes Mellitus (DM) merupakan penyakit gangguan metabolisme kronis yang ditandai dengan peningkatan kadar gula darah. Selain faktor gaya hidup, faktor psikis seperti kecemasan dapat memicu peningkatan hormon ACTH dan kortisol yang berdampak pada naiknya kadar glukosa darah secara signifikan. Penelitian ini bertujuan untuk mengetahui gambaran tingkat kecemasan pada penderita DM sebelum dan sesudah diberikan edukasi kesehatan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode deskriptif. Subjek penelitian terdiri dari 30 responden penderita DM di wilayah kerja Puskesmas Jetis, Kabupaten Ponorogo. Instrumen penelitian menggunakan skala Hamilton Anxiety Rating Scale (HARS) untuk mengukur tingkat kecemasan dan pemeriksaan Gula Darah Sewaktu (GDS). Data dianalisis secara deskriptif dan disajikan dalam bentuk tabel distribusi frekuensi dan diagram. Hasil Pre-test kecemasan sebelum edukasi, sebagian besar responden mengalami cemas ringan 13 responden (43%), sedang 6 responden (20%), berat 2 responden (7%), dan tidak cemas 9 responden (30%). Hasil post-test, terjadi peningkatan jumlah responden yang tidak cemas menjadi 16 responden (53%), ringan 10 responden (33%), sedang 2 responden (7%), dan berat 2 responden (7%). Pemberian edukasi kesehatan terbukti efektif dalam menurunkan tingkat kecemasan dan membantu menstabilkan kadar gula darah pada penderita Diabetes Mellitus. Penurunan tingkat kecemasan berkorelasi positif dengan terkontrolnya kadar gula darah responden.

Kata kunci : Diabetes Mellitus, Kecemasan, Kadar gula darah, Edukasi Kesehatan

ABSTRAK

Vita Nurmana (2026). An Overview of Anxiety Levels in Diabetes Mellitus Patients Before and After Stress Management Education in the Working Area of Jetis Community Health Center, Ponorogo Regency Final Scientific Paper, D III Nursing Study Program, Ponorogo Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Advisor: Heru Wiratmoko, S.Kp., M.Kep.

Diabetes Mellitus (DM) is a chronic metabolic disorder characterized by increased blood sugar levels. In addition to lifestyle factors, psychological factors such as anxiety can trigger an increase in ACTH and cortisol hormones, which significantly impacts the rise of blood glucose levels. This study aims to describe the anxiety levels of DM patients in relation to blood sugar levels before and after receiving health education. This study employed a quantitative approach with a descriptive method. The research subjects consisted of 30 DM patients in the working area of the Jetis Community Health Center, Ponorogo Regency. The Hamilton Anxiety Rating Scale (HARS) was used to measure anxiety levels, along with Random Blood Sugar (RBS) tests. Data were analyzed descriptively and presented in frequency distribution tables and diagrams. Pre-test results before education showed that the majority of respondents experienced mild anxiety 13 respondents, (43%), followed by moderate anxiety 6 respondents (20%), severe anxiety 2 respondents (7%), and no anxiety 9 respondents (30%). Post-test results after health education showed an increase in the number of respondents with no anxiety (16 respondents (53%), followed by mild anxiety 10 respondents (33%), moderate anxiety 2 respondents (7%), and severe anxiety 2 respondents (7%). The provision of health education proved effective in reducing anxiety levels and assisting in the stabilization of blood sugar levels in patients with Diabetes Mellitus. The reduction in anxiety levels positively correlates with the control of the respondents' blood sugar levels.

Keywords: Diabetes Mellitus, Anxiety, Blood sugar levels, Health education