RELATIONSHIP BETWEEN SELF-MANAGEMENT BEHAVIOR AND BLOOD GLUCOSE LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE WORKING AREA OF CISADEA PUBLIC HEALTH CENTER, MALANG CITY

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ABSTRACT

Introduction: *Blood glucose control among patients with Type 2 Diabetes Mellitus remains a significant challenge at Puskesmas Cisadea. A preliminary study showed that many patients presented with elevated blood glucose levels due to irregular dietary habits, infrequent health check-ups, poor medication adherence, and inadequate self-monitoring of blood glucose. Limited physical activity also contributed to worsening glycemic conditions. These problems indicate that patients' self-management behaviors are not yet optimal, resulting in uncontrolled blood glucose levels.* ***Objective:*** *This study aimed to analyze the relationship between self-management behavior and blood glucose levels among patients with Type 2 Diabetes Mellitus in the working area of Puskesmas Cisadea, Malang City.* ***Methods:*** *This study employed a correlational analytic design with a cross-sectional approach. A total of 115 respondents were selected using purposive sampling. Data were collected using the Diabetes Self-Management Questionnaire (DSMQ) and random blood glucose measurements using a digital glucometer. Data were analyzed using the Chi-Square test with a significance level of* $\alpha = 0.05$. ***Results:*** *The findings showed that most respondents demonstrated good self-management behavior (81.7%), and 65.2% of them had controlled blood glucose levels. The Chi-Square test yielded a p-value of 0.002, indicating a significant relationship between self-management behavior and blood glucose levels.* ***Discussion:*** *There is a significant association between self-management behavior and blood glucose control. Patients who demonstrate good self-management practices are more likely to achieve controlled blood glucose levels. Enhancing patient education, providing continuous guidance, and increasing family involvement are recommended to strengthen self-management behavior as part of sustainable diabetes care.*

Keywords: *Self-Management, Blood Glucose Levels, Type 2 Diabetes Mellitus, Cisadea Public Health Center.*