THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE MANAGEMENT OF TYPE 2 DIABETES CARE IN THE WORKING AREA OF THE POLOWIJEN COMMUNITY HEALTH CENTER IN MALANG

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ABSTRACT

Background : Type 2 Diabetes Mellitus is a chronic disease that requires long-term care management and continuous patient adherence. The success of disease management is not only determined by the patient's ability to perform self-care, but is also influenced by family support as the closest environment providing emotional, informational, instrumental, and appraisal support. Objective : This study aimed to analyze the relationship between family support and the management of Type 2 Diabetes Mellitus care in the working area of Polowijen Community Health Center, Malang City. Methods : This study employed a quantitative descriptive correlational design with a cross-sectional approach. The sample consisted of 46 respondents selected through purposive sampling. Data were collected using family support questionnaires and Type 2 Diabetes Mellitus care management questionnaires, then analyzed using Spearman's rho correlation test. Results : Most respondents received supportive family support (80.4%), and more than half of respondents showed good adherence in managing Type 2 Diabetes Mellitus care (54.3%). Bivariate analysis indicated a strong and significant relationship between family support and care management ($r = 0.638$; $p < 0.001$). Conclusion :There is a significant relationship between family support and the management of Type 2 Diabetes Mellitus care. The better the family support received, the higher the patient's adherence. Therefore, family involvement should be strengthened as part of Type 2 Diabetes Mellitus management in primary healthcare services.

Keywords: Family Support, Care Management, Type 2 Diabetes Mellitus