

**THE INFLUENCE OF GUIDANCE STRATEGIES IN SUPPORTIVE
EDUCATION ON THE INDEPENDENCE OF PATIENTS WITH TYPE 2
DIABETES IN THE WORKING AREA OF MULYOREJO HEALTH
CENTER, MALANG CITY**

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ABSTRACT

Type 2 Diabetes Mellitus (T2DM), a chronic disease, demands long-term self-management to prevent complications. Various studies indicate that most T2DM patients still show low levels of self-care independence, increasing their risk of complications. This condition stems from ineffective education and a strong reliance on healthcare providers. Improving patient independence can be achieved through the *guidance* strategy within supportive education, which involves information delivery, skills training, and emotional support. This study aimed to examine the effect of the *guidance* strategy on the independence of T2DM patients in the Mulyorejo Health Center working area, Malang City. The research applied a pre-experimental design with a one-group pretest-posttest approach. A total of 36 respondents were selected purposively from 56 patients. Data collection employed the DSMQ questionnaire, with analysis conducted using the Wilcoxon test. Results showed that all respondents (100%) had low independence before the intervention, and 86.1% improved afterward. The Wilcoxon test yielded a p-value of 0.000 (<0.05), indicating a significant effect of the *guidance* strategy on patient independence. This strategy effectively enhances motivation, skills, and self-efficacy. Healthcare providers are encouraged not only to apply the strategy but also to strengthen their roles as educators capable of guiding patients continuously. Patients are advised to consistently practice self-management to prevent future complications.

Keywords: Guidance strategy, supportive education, independence, Type 2 Diabetes Mellitus