

The Relationship between Motivation Level and Quality of Life in Diabetes Mellitus Patients in the Amarilis Room of Karsa Husada Batu Hospital

Zerlinda Diva Ardiyanti

Malang Applied Nursing Undergraduate Study Program, Department of Nursing,
Poltekkes Kemenkes Malang

Email: zerlindadiva@gmail.com

ABSTRACT

Diabetes mellitus is a chronic disease that can reduce the quality of life of sufferers due to the complications caused. One of the factors that affect the low quality of life is the level of motivation of patients in undergoing treatment. Low motivation can lead to non-adherence to medication and lifestyle which has an impact on worsening health conditions. The purpose of this study is to determine the relationship between motivation level and quality of life in patients with diabetes mellitus. The research design used *cross-sectional*. The number of samples used was 42 respondents with *purposive sampling techniques*. Respondents were determined based on the inclusion criteria aged 50-70 years and had the last education of elementary and high school. Variable independent is the level of motivation while variable dependent is quality of life. The instruments used were the TSRQ and DQOL questionnaires, data analysis using *the spearman rank test*. The results of the test on both variables showed a significant relationship between motivation level and quality of life in patients with diabetes mellitus, with a significance p-value of < 0.001 ($p < 0.05$) and a positive correlation coefficient of 0.502 which was included in the medium correlation category. Patients with high levels of motivation tend to have a better quality of life than patients with low motivation. This is because high motivation encourages patients to be more disciplined in undergoing treatment and a healthy lifestyle.

Keywords: Motivation Level, Quality of Life, Diabetes Mellitus