

ABSTRAK

AMY ASZHARI, 2025, HUBUNGAN *SELF-EFFICACY* DENGAN KUALITAS HIDUP PASIEN DIABETES MELITUS DI PUSKESMAS NUSAWUNGU I CILACAP TAHUN 2025, SKRIPSI, PROGRAM STUDI S1 FARMASI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI, SURAKARTA. Dibimbing oleh apt. Inaratul Rizkhy Hanifah, M.Sc. dan apt. Carolina Eka Waty, M.Sc.

Self-efficacy yang rendah dapat memengaruhi kualitas hidup, sehingga diperlukan motivasi untuk meningkatkan derajat kesehatan pada pasien DM. Diabetes melitus adalah suatu kumpulan gejala yang timbul pada seseorang disebabkan oleh adanya peningkatan kadar glukosa darah akibat penurunan sekresi insulin progresif yang diawali dengan resistensi insulin. Tujuan penelitian ini untuk mengetahui gambaran tingkat *self-efficacy*, gambaran kualitas hidup dan hubungan *self efficacy* dengan kualitas hidup pasien diabetes melitus di Puskesmas Nusawungu I Cilacap.

Desain penelitian korelasional dengan pendekatan *cross sectional*. Populasi didapatkan dari data pasien DM di Puskesmas nusawungu I Cilacap pada tahun 2025. Teknik sampel menggunakan *Purposive Sampling* sebanyak 90 responden. Variabel bebas yaitu *self-efficacy* dan variabel terikatnya kualitas hidup. Instrument penelitian menggunakan kuesioner. Data dianalisis dengan uji *korelasi pearson product moment*.

Hasil penelitian menunjukkan bahwa sebagian pasien diabetes melitus di Puskesmas Nusawungu I Cilacap memiliki *self-efficacy* sedang sebanyak 67 orang (74%) dengan kualitas hidup cukup baik sebanyak 58 orang dengan persentase (64%). Hasil penelitian menunjukkan adanya hubungan *self-efficacy* dengan kualitas hidup dengan nilai koefisien korelasi sebesar 0,976377 menunjukkan bahwa *self-efficacy* berhubungan dengan kualitas hidup semakin tinggi tingkat *self-efficacy* seseorang, maka semakin baik kualitas hidupnya.

Kata kunci: diabetes melitus, *self-efficacy*, kualitas hidup

ABSTRACT

AMY ASZHARI, 2025, THE RELATIONSHIP BETWEEN *SELF-EFFICACY* AND THE QUALITY OF LIFE OF DIABETES MELLITUS PATIENTS AT PUSKESMAS NUSAWUNGU I CILACAP, THESIS, S1 PHARMACY PROGRAM, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY, SURAKARTA. Supervised by apt. Inaratul Rizkhy Hanifah, M.Sc. dan apt. Carolina Eka Waty, M.Sc.

Poor *Self-efficacy* will have an impact on a person's quality of life, so motivation to improve health in diabetes mellitus patients is needed. Diabetes mellitus is a collection of symptoms that arise in a person due to an increase in blood glucose levels due to a decrease in progressive insulin secretion that begins with insulin resistance. The purpose of this study was to determine the level of *self-efficacy*, quality of life and the relationship between *Self-efficacy* and quality of life of diabetes mellitus patients at the Nusawungu I Cilacap Health Center.

Correlation analytic research design with a cross sectional approach. The population in this study was obtained from data on DM patients at the Nusawungu I Cilacap Health Center in 2025. The sample technique used purposive sampling of 90 respondents. The independent research variable is *self-efficacy* and the dependent variable is quality of life. The research instrument used a questionnaire. Data were analyzed with the person product moment correlation test.

The results showed that most patients with diabetes mellitus at the Nusawungu I Cilacap Health Center had moderate *self-efficacy* as many as 67 people (74%) with a fairly good quality of life as many as 58 people with a percentage (64%). The results showed a relationship between *self-efficacy* and quality of life with a correlation coefficient value of 0.976377 indicating that *self-efficacy* is related to quality of life, the higher a person's *self-efficacy* level, the better his quality of life.

Keywords: diabetes mellitus, *self-efficacy* , quality of life